

NEW!

Food * Wellness * Living

Veggie

SEPTEMBER 2015

Relish the Good Life!

Cerys Matthews on
fireside cooking

10 picnic perfect dips

Jo Pratt's easy
wholefood dinners

39

RECIPES
TO EAT
NOW

AMANDA BYRAM'S

*5 minute
beauty
miracles*



Love those
LAZY DAYS...

*Your best
courgetti!*

* Nourishing green goddess juice * Brighton's best kept secrets
* Throw-together noodle salad * James Wong's floral cordials



CHEATIN'
Ham Style Slices



CHEATIN'
Streaky Style Rashers



CHEEZLY
White Cheddar Style



CHEEZLY
Mozzarella Style



VEGIDELI
Lincolnshire Style Sausage



VEGIDELI
Chicken Style Pieces



MAKING WAVES
Fish Style Steaks



FROZEN
Beef Style Pasties



FROZEN
Pork Style Sausage Rolls



MAKING WAVES
Fish Style Fingers



Delicious
Meat, fish & DAIRY
FREE Alternatives

Vegetarian



Vegan



Halal
Approved



Kosher
Approved



Lactose
Free



VBites Foods Limited

Redwood House, Burkitt Road, Earlstrees Industrial Estate,
Corby Northants NN17 4DT

† 01536 400 557 f 01536 408 878 info@vbitesfoods.com

SELECTED PRODUCTS ARE FOUND IN



MORRISONS



ocado

HOLLAND & BARRETT
the good life

NO GMOs

NO Hydrogenated Fats

NO Hydrogenated Oils

NO Artificial Colours

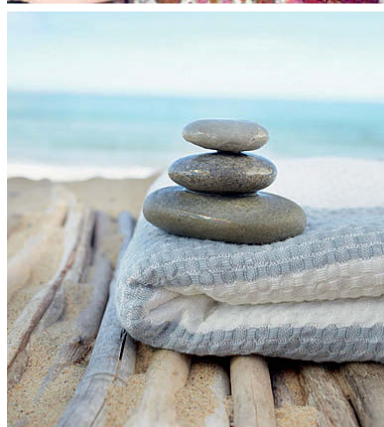


september

FOOD * WELLNESS * LIVING

This month, set aside a little 'me time'. **Chill** a bottle of wine (or two!) and get your friends round to enjoy some ice-cold **gazpacho** (p8) or our mouth-watering **aubergine escalopes** (p21). Or run yourself a bath and pore over our interview with the queen of cool **Cerys Matthews** on p39, or discover what makes one of our favourite veggies – **Natalie Portman** – tick on p45. Elsewhere, you can rifle through **Amanda Byram's** beauty bag – her favourite products are the perfect shortcuts to natural beauty (p58). And, if your garden is awash with colourful flowers, **James Wong** is on hand to show you how to use them in the simplest but most flavourful of recipes (p78). But whatever you do this month, make it relaxing. You've earned it...

EDITOR
FAE GILFILLAN



In this ISSUE...

SEPTEMBER 2015



facebook.com/veggiemagazine



twitter.com/veggiemagazine



pinterest.com/veggiemagazine



78

Want a little home-grown flavour in your food?
James Wong dishes the dirt on growing your own



DISCOVER THIS SEASON'S HOTTEST SHADE



FOOD

7 FEEL GOOD FOOD

These delicious recipes are easy, healthy and quick!

11 THEO RANDALL'S PASTA ENCYCLOPEDIA

Seek out Girolles Mushrooms for the best tagiatelle

12 SUMMER LIGHTS

Gather family and friends around the garden table for a spot of alfresco dining with these fresh recipe ideas

16 IN OUR KITCHEN

Here's what's been whetting our appetites this month

19 FINE DINING

Go behind the scenes at one of London's most popular veggie restaurants

24 10 DIP IDEAS YOU'LL LOVE

Get guests talking at your next party with a tasty dip

26 COOK THE SEASONS

Gorgeous recipes from the *The Detox Kitchen Bible*

31 VEGGIN' OUT WITH LUCY PORTER

Already dreading the onset of autumn? Lucy Porter thinks there's plenty to look forward to

33 MAKE THE ULTIMATE GOURMET VEGGIE BURGER

Here's how to knock up your own bespoke burger

34 PASSION PROJECT

My *New Roots* blogger Sarah Britton cooks up three delicious desserts

38 "I'M NOT FEARFUL ABOUT GETTING OLD, BUT I AM ABOUT MAKING THE MOST OF IT"

Cerys Matthews on finding fame in her youth, and how now, her life is richer than ever

43 THE WEEKEND PROJECT

Don't rely on shop-bought offerings when homemade tomato sauce is so utterly delicious

45 "I THINK EVERYONE IS ARTISTIC"

We talk to Natalie Portman about taking a break from Hollywood and finding inspiration

49 SWEET TALK

These gelatine-free treats will put a spring in your step

DIGITAL EDITIONS ARE AVAILABLE FROM:



Available on
kindle fire



Available on the
App Store



ANDROID APP ON
Google play



Download from
Windows Store

For 1,000s more recipes go to vegetarianrecipesmag.com

SELF

52 "COOKING IS MORE EXCITING THAN EVER"

Jo Pratt turns her expertise to healthy eating

57 GOOD MOOD FOOD

Five foods to boost your mood

58 BEAUTY BAG INSIDER

We take a peek inside Amanda Byram's beauty bag

61 HEALTH BITES

Your latest nutrition, fitness and wellbeing advice

65 GUT REACTION

Here are our tips from the digestive health pros on how to cure the curse of a swollen tum

LIVING

70 THE WHITE STUFF

Crisp, clean and chic; you can expect all three from this season's hottest shade

73 RETREATS HOME AND ABROAD

We seek out the best relaxation getaways for veggies

77 LIVE LIKE A LOCAL IN... BRIGHTON

Get top tips from locals and regular visitors on where to eat and stay at this bohemian seaside spot

78 FROM SEED TO STOVE

James Wong uses your flowerbeds for inspiration

REGULARS

82 READER SURVEY

Tell us what you think about Veggie and you could win a Raymond Blanc cookery school class!

84 FEELING LUCKY?

This month we're offering our lucky readers the chance to win a veggie getaway, new Tefal cookware and more!

88 BEAUTY BOOST

The latest make-up must-haves

91 THE TOP-UP SHOP

Liven up your cupboards with these meat-free marvels!

92 VEGGIE RECOMMENDS

These gastro greats have really caught our attention

94 JOIN THE VEGGIE COMMUNITY

Have your say and share your recipes

96 RECIPE INDEX

What will you cook tonight?

98 THE MINDFUL VEGETARIAN

Rose Elliot shares some tips on how to keep hydrated



SEE OUR GREAT SUBSCRIBER OFFER ON PAGE 64

Subscribe today and receive free *You cleaning products worth £32!



Calorie and fat analysis provided by Nutracheck.co.uk, the UK's largest online calorie counter, (over 160,000 foods). Download the App - search for 'Nutracheck' in the app store.

COVER: Photography by cliqq.co.uk.
Recipe and styling by Nico Ghrilando
ghirlando.co.uk

Authentic Italian InSpiration

Cooperatively crafted in Lombardy,
Northern Italy



natural healthy wholefoods organic vegetarian
fairtrade ethical Suma cooperative

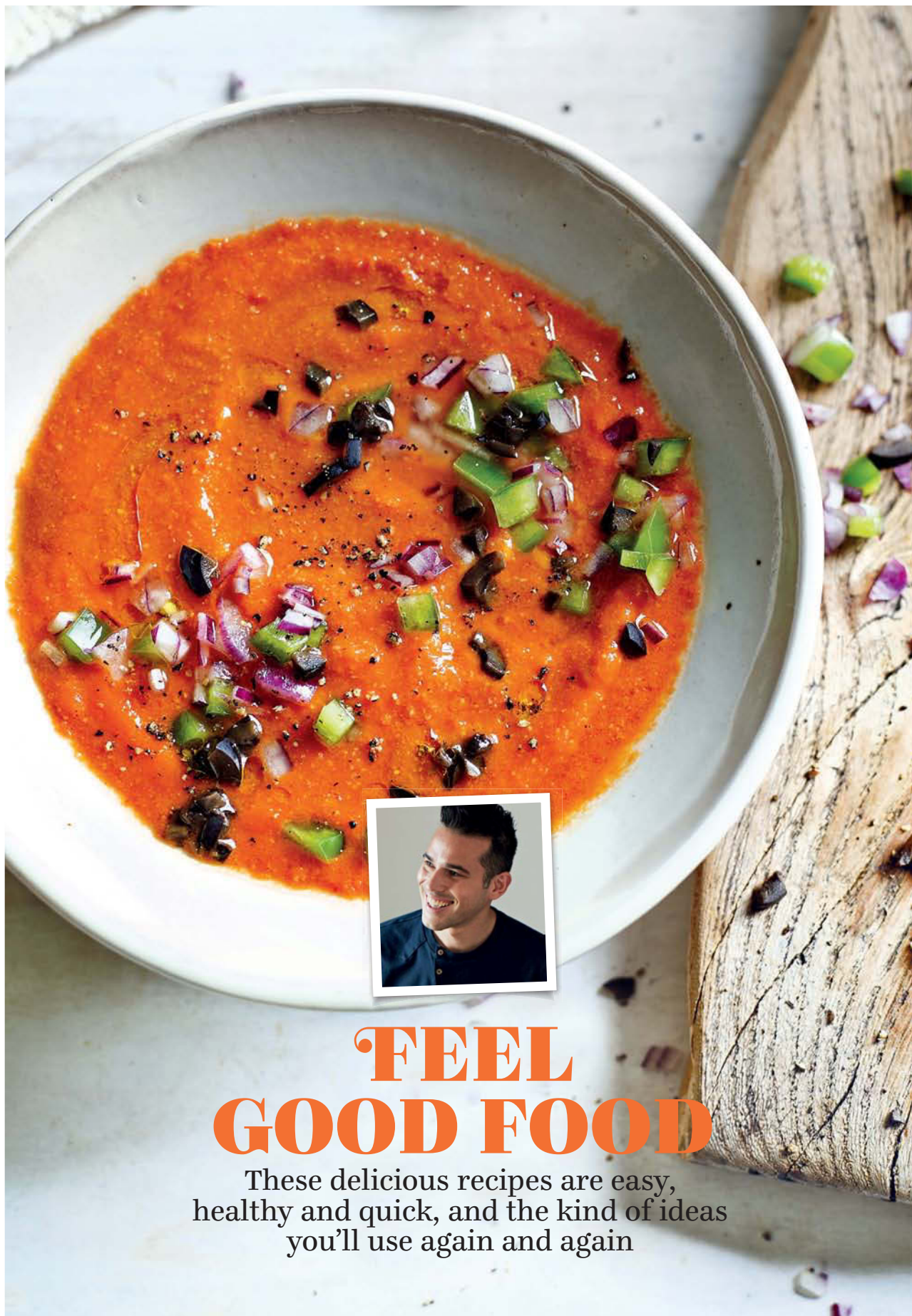


/sumawholefoods

www.suma.coop

Available from good independent retailers


Suma



FEEL GOOD FOOD

These delicious recipes are easy,
healthy and quick, and the kind of ideas
you'll use again and again



VEGGIE'S 7 TIPS FOR EATING HEALTHIER TODAY

1 STAVE OFF OSTEOPOROSIS

Beetroot contains the silica. This helps the body to utilise calcium, which is important for musculo-skeletal health and reducing the risk of osteoporosis.

2 SNACK HAPPY

A handful of radishes contains just five calories, making them a great healthy snack whether you are dieting or just counting the calories. Radishes can also help dieters reduce portion sizes thanks to the crunch factor. It takes between 10 and 30 minutes for the brain to register the 'I'm full' signal from our stomachs so foods that need chewing, like radishes, slow down eating.

3 GET YOUNGER LOOKING SKIN

Beta-carotene – naturally found in abundance in carrots – is an important antioxidant nutrient. This is great news for our skin as the antioxidant action of beta-carotene may help to act against age-accelerating free radicals, so that our skin remains healthy and elastic.

4 KEEP YOUR HEART HEALTHY

Parsnips are a good source of dietary fibre. Just one medium cooked parsnip provides nearly 5g, which is more than the same amount of most 'high-fibre' breakfast cereals. Most of the fibre found in parsnips is soluble; soluble fibre is known to help keep the heart healthy by reducing levels of cholesterol in the blood.

5 BOOST YOUR IMMUNITY

Just one portion (80g) of cooked green beans provides 20% of the RDA of folic acid, which can help stave off infection and boost iron absorption.

6 FIND YOUR FLAVANOLS

Flavonoids in raspberries are responsible for their red flesh, and these antioxidants help to guard against a range of cancers, heart disease, asthma, arthritis and cataracts, Alzheimer's and age-related neurological diseases. Not bad for a teeny tiny fruit!

7 KNOW YOUR ONIONS

Onions also contain very high levels of chromium which helps maintain a positive hormone balance that can help combat PMS symptoms.

Roasted Red Pepper Gazpacho

E EF V F T GF

SERVES 4

READY IN 20 MINS

½ cucumber, peeled and deseeded
200g roasted red peppers (drained weight), finely diced
1 green pepper, finely diced
1 small red onion, diced 600g ripe plum tomatoes
1 large garlic clove
60g ciabatta bread, cut into cubes
1 x 500g carton of tomato passata
3 tbsp extra virgin olive oil, plus extra to serve
2 tbsp sherry vinegar
Tabasco, to taste (optional)
8 black olives, stoned and quartered
sea salt
black pepper

1 Peel the cucumber and cut it into quarters. Using a sharp knife, cut the seeds out of each quarter and discard them. It's important to do this, as the cucumber seeds make the soup too watery.

2 Set aside some of the peppers and onion to garnish the soup. Place the rest with the plum tomatoes, cucumber, garlic, ciabatta and tomato passata in a blender or food processor and blitz until smooth.

3 Pour the soup into a large bowl and add the oil and vinegar, then season with the Tabasco, if using, and salt and pepper. If you have time, leave the soup at room temperature for 30 minutes to let the flavours develop.

4 Serve the soup garnished with the reserved diced peppers and onion, black olives and another drizzle of olive oil.

Per serving: 269 cals, 15.9g fat

Beet Hummus with Cruditt's

E EF V F T GF

SERVES 4

READY IN 15 MINS

400g can of chickpeas, drained and rinsed
1 beetroot, peeled and roughly chopped
2 garlic cloves, crushed
40ml extra virgin olive oil, plus extra for drizzling
3 tbsp tahini

juice of ½ lemon
½ tsp cumin
sea salt
black pepper

FOR THE CRUDITÉS

1 carrot, peeled
1 yellow or red pepper, deseeded
½ cucumber
cherry tomatoes
bunch of radishes

1 Put the ingredients for the beet hummus, except for the salt and pepper, in a food processor and blitz to a fine paste. Season with salt and pepper, then taste and add more cumin and lemon juice if you think it needs it. Spoon into a serving bowl and drizzle with some more extra virgin olive oil.

2 Cut the carrot, pepper and

cucumber into batons, add some cherry tomatoes and radishes and dip away.
Per serving: 292 cals, 21.6g fat

Green Goodness Juice

E E F V F T GF

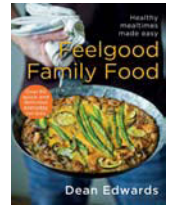
SERVES 2
READY IN 10 MINS

1 Braeburn apple
1 pear
4 large handfuls of spinach or kale
2 celery stalks
½ cucumber
juice of 1 lime
8 fresh mint leaves
400ml coconut water or water

1 Wash the apple, pear, spinach or kale, celery and cucumber. Pass them through a vegetable juicer, starting with the more fibrous vegetables first and finishing with the ones with a higher water content, such as the cucumber. Add the fresh lime juice and mint leaves and drink immediately over ice or within 24 hours.

2 If using a blender, place the apple, pear, spinach or kale, celery and cucumber with the liquid, then blitz until smooth. Add more liquid if required to get your desired consistency. Then add the lime juice and mint leaves and enjoy.

Per serving: 139 cals, 1.4g fat



Recipes taken from
Dean Edwards' *Feelgood Family Food** (£17.99, Bantam Press).
*Includes non-vegetarian content





Husky. Refrigeration with style.

Vintage Ivory shown. Also available in Radiant Red or Piano Black. Size (HxWxD): 840x550x550mm.



Love those great retro refrigerator lines,
but stuck for space?

Husky Retro has all the style points you want, yet will slip under any standard worktop height.

You'll adore those clean, curved lines of the reversible door with its generous storage space. Inside you'll find tempered adjustable glass shelves with shimmering silver trim, salad drawer and chromed wine rack, all this plus an A+ energy rating.

To view the full range and order online today, visit husky-retail.com

SAVE £50*
WAS £475
£425
ORDER ONLINE
& QUOTE CODE
HSKYVG09

Follow us on  

*Offer ends 30/10/15

HUSKY



THEO RANDALL'S

PASTA ENCYCLOPAEDIA

Girolles may be hard to find but this pasta dish makes them well worth the search, says Theo

Tagliatelle with Girolles Mushrooms is one of the most delicious mushroom pasta recipes you can make.

It's very simply to prepare, the hardest part is finding the girolles. Luckily, most good greengrocers will sell them. Trust me, the hunt is well worth it. And, if you're lucky enough to live in Scotland, you'll be able to get these wonderful mushrooms quite easily as they're a favourite amongst foragers who sell them at the markets. They also appear on a lot of London restaurant menus at this time of year and you'll also find European versions, which are smaller and dryer, but just as tasty.

The first time I had this dish was on a trip to Siena at a restaurant called La Loggia, one of the city's best restaurants. I remember the meal very well because I was dining with David Gleave, who is a master of wine – and can spot a corked bottle from a hundred yards – and the restaurant's poor sommelier was having a difficult time finding a bottle David liked. This is where I first enjoyed Tagliatelle with Girolles Mushrooms and the taste of the meaty mushrooms was unforgettable. We later found out that the mushrooms were picked locally, and that's my favourite thing about Italian food. When something's in season, it's truly celebrated.

I have had some really good pasta dishes over the years and the best ones are always the simplest. Tagliatelle con Funghi Porcini is just garlic, parsley, Porcini mushrooms and a little butter to emulsify the pasta and the mushroom juices. The recipe below is another version of this simple dish, and it tastes just as good.

TAGLIATELLE WITH GIROLLES MUSHROOMS

SERVES 4 AS A STARTER, OR 2 AS A MAIN; READY IN 25 MINS

• 1 tbsp olive oil • 500g fresh girolles • 1 tbsp chopped flat leaf parsley • 1 garlic clove, finely sliced • sea salt and freshly ground black pepper • 250g dried egg tagliatelle • 75g unsalted butter • vegetarian Parmesan-style cheese, to serve

- 1** Bring a large pot of salted boiling water to the boil.
- 2** In a frying pan, heat the olive oil and butter, then add the cooked girolles (as described above) along with the parsley and garlic. Toss a couple of times then turn the heat to low. Add some salt and pepper to season.
- 3** Place the dried egg tagliatelle in to the boiling water and cook for a couple of minutes. Remove the tagliatelle when it's al dente with a pair of tongs and add the

pasta to the mushrooms in the frying pan. Take a ladle of the hot pasta water and add to the tagliatelle and girolles.

- 4** At this point you need to add the butter and start to toss or stir on the heat so the juices reduce and the butter starts to emulsify all the liquid; this will take a couple of minutes. Check the seasoning and serve in hot bowls with a little grated vegetarian Parmesan-style cheese on the side. Buon Appetito!

Per serving (4 servings): 524 cals, 28.7g fat

Illustration by Louise Abbott

SUMMER LIGHTS

Hot sunny days and balmy British evenings; the perfect time to gather family and friends around the garden table for a spot of alfresco dining. Say hello to summer with these fresh recipe ideas...

Ratatouille Baked Eggs

E EF V F T GF

SERVES 4
READY IN 50 MINS

low-calorie cooking spray

1 onion, sliced

2 garlic cloves, crushed

1 green pepper, deseeded and thinly sliced

1 yellow pepper, deseeded and thinly sliced

2 courgettes, sliced

1 aubergine, diced

2 x 400g cans chopped tomatoes

2-3 tbsp tomato purée

salt and freshly ground black pepper

½ tsp dried herbs

4 large free-range eggs*

small handful of finely chopped

fresh parsley, to garnish

Tabasco sauce (optional)

1 Spray a large non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the onion and garlic and cook for 4-5 minutes or until softened, stirring occasionally. **2** Add the peppers, courgettes and aubergine. Tip in the tomatoes and tomato purée, then wash out the tomato can with a little water and tip into the pan as well. Season to taste and stir in the dried herbs. Cover and cook for 25-30 minutes or until the vegetables are tender and the liquid has reduced. Check the seasoning.

3 With the back of a spoon, make four indents in the ratatouille and break an egg into each one. Cover the pan and cook for 3-4 minutes or until the egg whites are set but the yolks are still runny (if you don't like runny yolks, you can finish them off under the grill). Scatter over the parsley and serve with a splash of Tabasco if you like a kick.

Per serving: 184 cals, 7.1g fat

*Pregnant women, the elderly and babies are advised not to eat raw or partially cooked eggs.

Halloumi and Pesto Peppers

E EF V F T GF

SERVES 4
READY IN 35 MINS

350g cherry tomatoes, halved
4 peppers, halved through the stem, deseeded and stems removed
salt and freshly ground black pepper
low-calorie cooking spray
100g reduced-fat halloumi cheese, diced
salad, to serve

FOR THE PESTO

2 medium slices of bread from a small 400g wholemeal loaf
3 garlic cloves, crushed
2 large handfuls of fresh basil leaves
juice of 1 small lemon

1 Preheat the oven to 200C/400F/Gas 6. Divide the tomatoes

between the pepper halves and season to taste.

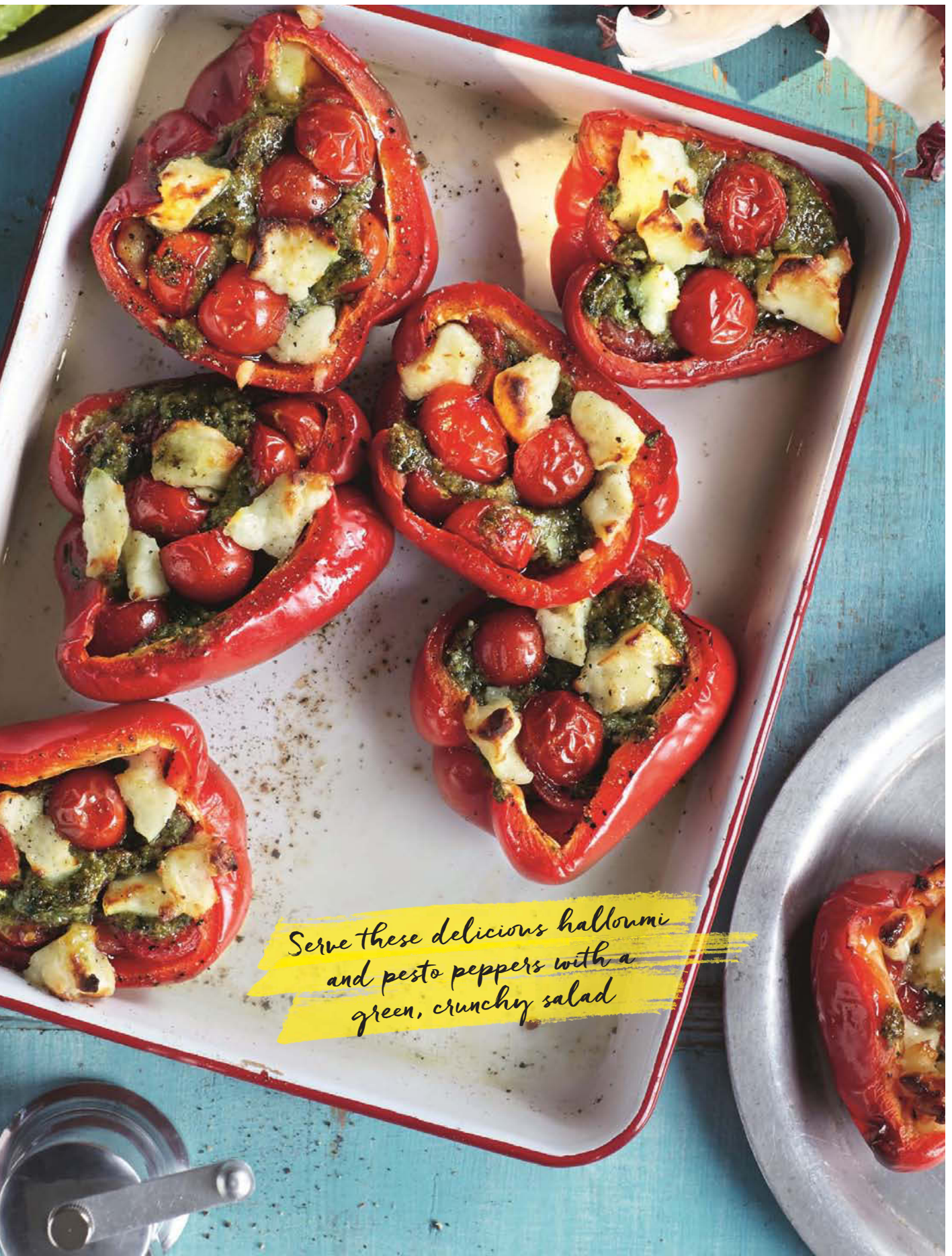
2 To make the pesto, put the bread in a food processor and whizz into breadcrumbs. Add the garlic, basil, lemon juice and 90ml of water and blitz to a loose paste, then spoon the into the peppers.

3 Put the peppers into an oven-proof dish, spray with low-calorie cooking spray and roast in the oven for 20 minutes or until tender.

4 Preheat the grill to high. Push the halloumi pieces into the peppers, grind over a little more black pepper and cook under the hot grill for 5-10 minutes to brown the tops. Serve hot with salad.

Per serving: 153 cals, 5.6g fat





*Serve these delicious halloumi
and pesto peppers with a
green, crunchy salad*



Tofu Noodle Salad

E EF V F T GF

SERVES 4

READY IN 30 MINS

low-calorie cooking spray
2 red peppers, deseeded and diced
1 carrot, peeled and shredded
60g fresh beansprouts
2.5cm piece of root ginger, peeled and finely chopped
2 garlic cloves, chopped
250g plain/naturally smoked tofu, cubed
250g dried egg noodles
2 tbsp dark soy sauce
4 spring onions, sliced
small bunch of finely chopped fresh coriander

FOR THE DRESSING

pared peel of 1 lime
150ml rice wine vinegar
1 red chilli, deseeded and roughly chopped
2 tsp sweetener

1 First make the dressing by putting the lime peel, vinegar, chilli and sweetener into a small pan over a high heat. Boil for one minute then remove from the heat and set aside for 20 minutes. Tip into a small bowl.

2 Meanwhile, spray a non-stick wok or frying pan with low-calorie cooking spray and place over a medium-high heat. Add the peppers, carrot, beansprouts, ginger and garlic and stir-fry for 2-3 minutes. Transfer to a large bowl with a slotted spoon.

3 Spray the wok with more low-calorie cooking spray. Add the tofu, cook for 1-2 minutes and add to the vegetables.

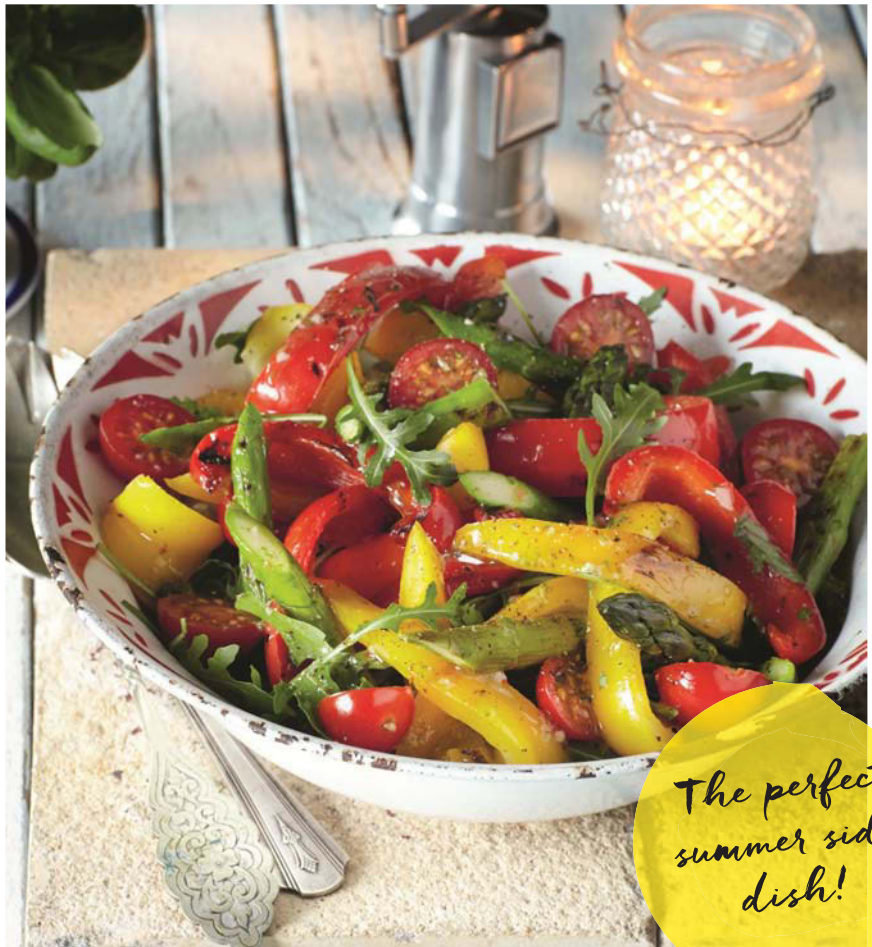
4 Cook the noodles according to the packet instructions, drain well and add to the vegetables and tofu. Add the soy sauce, spring onions, coriander and dressing and toss well.

Per serving: 322 cals, 4.6g fat



BOOKSHELF

Recipes taken from Slimming World's *Little Book of Summer*, available in all Slimming World groups in the UK and Ireland, priced £3.95. Visit slimmingworld.com or call 0844 897 8000 to find your nearest group.
Images: Slimming World's Little Book of Summer/Lara Holmes.



Chagrilled Asparagus and Pepper Salad

E EF V F T GF

SERVES 4

READY IN 25 MINS

2 red peppers, quartered and deseeded
2 yellow peppers, quartered and deseeded
low-calorie cooking spray
24 asparagus spears, woody ends trimmed
large bag of rocket leaves
250g cherry tomatoes, halved

FOR THE DRESSING

1 garlic clove, crushed
100ml fat-free vinaigrette
small handful of finely chopped fresh basil

1 About 30 minutes before you want to cook, light the barbecue. Spray the peppers with low-calorie cooking spray and cook over a direct medium heat for 5-6 minutes, then turn them over.

2 Spray the asparagus with low-calorie cooking spray, add to the barbecue and cook the asparagus and peppers for a further 5-6 minutes, turning the asparagus once. When everything is tender, set aside to cool.

3 Meanwhile, mix all the dressing ingredients together and set aside. Tip the rocket leaves into a large serving bowl and scatter over the tomatoes. Cut the asparagus spears into two or three pieces and the peppers into strips and scatter both on top. When you're ready to serve, drizzle over the dressing and toss everything together.

Per serving: 104 cals, 2.1g fat

IN OUR kitchen...

Here's what's been whetting our appetites this month



TRY SOMETHING NEW TODAY

Stray from cheeseboard normality with these wonderful creations

VINTAGE APPLEWOOD,
applewoodcheese.co.uk

Exquisitely rich, smoky and strong, enjoy this with friends over a glass of Malbec

KATY'S WHITE LAVENDER,
shepherdspurse.co.uk

Lavender flavours sparkle throughout this delicious cheese. A delicate fragrant taste combined with the meadowy sweetness of the ewe's milk cheese creates a taste extravaganza!

JAZZ UP YOUR KITCHEN!

THESE NIFTY GADGETS MAKE COOKING (AND CLEANING) A BREEZE:



SENSE RED BIN,
£49, MADE.COM

The touch-free sensors on the lid allows for brilliantly handy and hygienic waste disposal



OXO GOOD GRIPS COLANDER,
£14.99, LAKELAND

Fitting neatly into the corner of your sink for convenient, space-saving straining, this clever piece of kit has a non-slip lid to hold it firmly in place



SODASTREAM POWER,
£149.99, ARGOS

Sleek, sexy and stylish, this machine creates delicious sparkling water at just the touch of a button

AMP UP THE Aubergine



Each month, vegetarian cookery school owner Rachel Demuth gives us her top advice. This month, she educates us in all things aubergine

Aubergines are related to sweet peppers, potatoes, tomatoes and most surprisingly, tobacco! Aubergines come in many different sizes and colours; from the white version (which is where the American term "eggplant" derives from), through to the almost-black varieties most commonly grown in Europe. In Thailand, the tiny pea-sized aubergine is used in curries and is prized for its bitter taste. The issue of the aubergines' bitterness is one that causes strong debate; some people like to 'de-gorge', or salt them before cooking, which removes some bitterness and stops the aubergine

absorbing too much oil. I tend to find that black varieties are not as harsh, so there is no need for them to be salted. Aubergines absorb oil at an alarming rate so it's best to use it sparingly when cooking.

My favourite way of cooking aubergines is cutting them into slices or chunks with a splash of oil, which you can toss the aubergine in before roasting, griddling or stir-frying. Whichever way you prepare them, make sure they are really thoroughly cooked, and have lost their whiteness, turned dark and become unctuous, soft and juicy.

To book a course, visit demuths.co.uk



VEGTASTIC BBQ BANGERS



LIVEN UP YOUR SUMMER WITH THIS VEGTASTIC RANGE OF SAUSAGES FROM GOODLIFE. BURSTING WITH FRESH VEG AND EXCITING FLAVOURS, THESE SAUSAGES ARE A GREAT MEAT-FREE ADDITION TO ANY BBQ THIS SEASON!

AVAILABLE NOW IN WAITROSE, BOOTH'S, OCADO, SELECTED CO-OPS AND INDEPENDENTS, FROM £2.49.

WWW.GOODLIFE.CO.UK

Follow us!
twitter.com/createagoodlife

Join us!
facebook.com/createagoodlife

Bonsoy

Bonsoy is a little different to other soya milks. For a start it has a 15% soya bean content which gives it a high protein value – and, even better, they're organic! It has an indulgent, creamy consistency and is entirely natural and additive free.

It was originally developed specifically so baristas could make the perfect, non-dairy micro foam so is great for professional quality cappuccinos and lattes made at home.



Prepare

kitchenware, timers, scales, moulds, gadgets, jam & baking equipment



Create

hibiscus flowers, truffle products, sauces, chutneys, pastes, black garlic, seaweed



Invent

molecular ingredients and kits, test tubes, popping candy, flavour drops



Smoke

woodchips, mini smokers, the Smoking Gun, bisquettes



Brew

barista kits, grinders, tampers, Aeropresses, tea, coffee



Imbibe

glasses, oak barrels, copperware, cocktail hardware & ingredients, carbonators



MOLECULAR INGREDIENTS CULINARY LAB EQUIPMENT SOUS VIDE SEaweEDS BAR TOOLS
SMOKERS JAPANESE TEAS SYRUPS BITTERS BARISTA TOOLS SODA KIT WHIPPERS

www.
creamsupplies.co.uk

For advice or enquiries about products call 02392 378 700 or email sales@creamsupplies.co.uk
Order online before 4.00pm for next day delivery



Fine **DINING**

London restaurant Mildreds opened in 1988 and since then, it's become a bastion of meat-free dining. So, when the owners published a cookbook, we couldn't resist sharing a few of our favourite dishes with you – be warned, you'll want seconds of everything...



Artichoke Crostini with Roast Garlic and Lemon Aioli

E EF V F T GF

SERVES 4
READY IN 20 MINS

8 focaccia or sourdough
bread slices
6-8 good-quality artichoke
hearts in oil, drained
75g mixed baby leaf lettuce
4 tbsp Roast Garlic & Lemon Aioli
(see Masterclass)

1 Heat a griddle pan or heavy-based frying pan over a high heat. Add the bread slices and toast them for 1 ½-2 minutes on each side until they are nicely charred.
2 Slice the artichokes in half lengthways. Add to the pan and griddle for 1-2 minutes on each side. Divide the artichokes, toasted bread slices and lettuce leaves between plates and serve with the Roast Garlic & Lemon Aioli.

Per serving: 373 cals, 39.4g fat

MASTERCLASS

ROAST GARLIC & LEMON AIOLI

MAKES APPROXIMATELY 400ML
READY IN 20 MINS

* 7 garlic cloves, peeled * 300ml light olive oil, plus extra for drizzling
* 2 free-range egg yolks * juice of ½ lemon * 1 tbsp Dijon mustard
* ½ tsp white pepper * 50ml boiling water * salt

- 1** Preheat the oven to 180C/350F/Gas 4.
- 2** Place the garlic cloves in the centre of a small tray of aluminium foil, drizzle with a little oil and seal to form a parcel. Roast in the oven for 15 minutes, or until the garlic is just beginning to brown. Set aside to cool.
- 3** Place the cooled garlic cloves, egg yolks, lemon juice, mustard and white pepper in a food processor and blend together until puréed. With the motor running, pour over the oil in a thin, steady stream, gradually adding the boiling water as you go to prevent the mix from splitting.
- 4** Season to taste with salt. Transfer to a suitable container and refrigerate until needed.

Per 50ml serving: 362 cals, 39.4g fat



"These escalopes benefit from being served with a cucumber and tomato salad"



FETA, CHILLI & MINT-FILLED AUBERGINE ESCALOPE

Feta, Chilli & Mint-filled Aubergine Escalope

E EF V F T GF

SERVES 8
READY IN 1 HR

2 large aubergines
5 tbsp olive oil
100g plain flour
4 free-range eggs, beaten
600g fresh white breadcrumbs
salt
mixed salad, to serve

FOR THE FILLING
450g feta cheese, crumbled
2 red chillies, trimmed
and finely chopped
juice of 1 lemon
4 garlic cloves, finely chopped

pinch of white pepper
1 bunch of mint leaves,
finely chopped

- 1** Cut the tops off the aubergines and slice each lengthways into eight thin slices. Sprinkle the slices with salt and leave to stand in a colander set over a bowl for 20 minutes.
- 2** Preheat the oven to 180C/350F/ Gas 4.
- 3** Rinse the aubergines to remove the salt and lay them on two baking trays. Drizzle with one tablespoon of the oil and roast in the oven for 10-15 minutes, turning halfway through, until tender but not falling apart. Leave to cool on the baking trays.
- 4** For the filling, mix together all the ingredients in a bowl.
- 5** Take eight of the aubergine slices

and spread a thin, even layer of the filling over each of them. Press another aubergine slice on top to make a sandwich. Coat each of the aubergine escalopes with the flour, dusting off the excess, and dip first into the beaten egg and then into the breadcrumbs.

6 Heat the remaining oil in a large non-stick frying pan over a low heat. Add a couple of the escalopes and gently fry for four minutes on each side until golden brown, then set aside on kitchen paper to drain. Repeat with the remaining escalopes and serve immediately with a mixed salad.

Per serving: 592 cals, 24.7g fat



Gas 5. Line a 23cm springform cake tin with baking parchment.

2 For the compote, heat 200g of the raspberries with the caster sugar in a small saucepan and cook for 5–8 minutes over a gentle heat, stirring occasionally, until the sugar has dissolved. Mix the cornflour together with the lemon juice in a bowl, add to the raspberries and cook until the mix has thickened enough to coat the back of a spoon. Take off the heat and mash with a fork or mix with a stick blender until smooth, then pass through a sieve to remove the seeds. Stir the remaining raspberries into the mix and set aside to cool.

3 For the base, put the dry ingredients in a food processor with the stem ginger and blend until the mixture resembles fine breadcrumbs. Stir in the butter, then tip into the prepared cake tins and press down into an even layer. Bake for 10 minutes until lightly toasted, then remove and set aside to cool. Reduce the heat to 160C/325F/Gas 3.

4 For the filling, beat the cheese, cornflour, vanilla extract and lemon rind together in a stand mixer or in a bowl with a wooden spoon. Add the sugar, eggs and egg yolk, one at a time, beating together briefly between each addition. Fold in the soured cream and chocolate chips.

5 To assemble, pour one-third of the compote over the base. Spoon over half the filling then add another third of the compote. Add the rest of the filling and spoon over the remaining compote in three parallel lines. Drag a knife through the lines to create a marbled effect. Bake for 1 ¼ hrs until the filling is starting to colour on the edges and is beginning to firm but is still a bit wobbly. Remove from the oven and leave to cool for at least three hours in the refrigerator before serving.

Per serving (10 servings):

535 cals, 33g fat



READER OFFER

Recipes taken from *Mildreds The Cookbook* by Sarah Wasserman (£25, Mitchell Beazley).

Photography by Jonathan Gregson. Veggie readers can get this title for the special price of £17.50, plus free UKP &P.

To order your copy, call 01903 828503 or visit mildreds.co.uk

White Chocolate and Raspberry Ripple Cheesecake

E EF V F T GF

SERVES 8-10
READY IN 2 HRS

FOR THE RASPBERRY COMPOTE

350g raspberries
80g caster sugar
1 tsp cornflour
2 tbsp lemon juice

FOR THE BASE

200g gluten-free digestive biscuits (or regular digestive biscuits, for non gluten-free)

¼ tsp ground ginger
20g demerara sugar
pinch of sea salt flakes
1 piece stem ginger (optional)
60g butter, melted

FOR THE FILLING

750g cream cheese
20g cornflour
½ tsp vanilla extract
finely grated rind of ½ lemon
175g caster sugar
2 free-range eggs, plus 1 yolk
150g soured cream
150g white chocolate chips or white chocolate broken into small pieces

1 Preheat the oven to 190C/375F/

TIANA[®]
organics

organics

100% "FREE FROM" FOOD & BEAUTY range



MULTI AWARD WINNING RANGE



great taste 2014

RAW ORGANIC COCONUT GOODNESS fair trade

TIANA organics

GREAT FOR DESSERTS, SMOOTHERS AND ALL COOKING

ORGANIC COCONUT OIL

TIANA organics

100% COCONUT OIL

THE WORLD'S PREMIER EXTRA VIRGIN COCONUT OIL fair trade

TIANA organics

NATURE'S PUREST TREASURE

100% RAW FAIR TRADE

PREMIUM TIANA No.1 IN THE UK COCONUT RANGE

Not for frying

Great for stir-frying

- ▶ Absolutely delicious raw extra virgin coconut oil
- ▶ First cold pressed below 40 °C from fresh coconuts
- ▶ Highest content of Lauric, Capric & Caprillic Acids
- ▶ A natural food supplement for health & wellbeing
- ▶ Highest stability coconut oil for all cooking & baking
- ▶ Use as a skin moisturiser and hair conditioner
- ▶ 100% Pure, suitable for vegetarians & vegans

Nationwide in HOLLAND & BARRETT or at www.hollandandbarrett.com

EASY + FLAVOURSOME

10 dip recipes perfect for picnics, barbecues and parties

Whether you're looking for a healthy addition to your packed lunch, or an informal food to get guests talking at your next party, dips have it all...

Preheat the oven to 200C/400F/ Gas 6. Whiz together 250g pack cooked beetroot, 1-2 crushed garlic cloves, 1 small bunch each of coriander and parsley and 50g shelled walnuts. Add 3 tsp extra virgin olive oil, 2 tsp red wine vinegar and process again. Check the seasoning and serve.

In a bowl, mix together 200g chopped cherry tomatoes, 1 chopped avocado, ½ chopped red onion, 1 chopped bunch of fresh coriander, 2 tbsp olive oil, 2 tbsp red wine vinegar and 2 tsp caster sugar.

Season. When you're ready to serve – and only then – add 3-4 tsp freshly grated wasabi.

Melt 100g milk chocolate in the microwave. Then, stir in 100ml double cream and mix well. Heat again to warm through, taking care not to boil. Add 10 drops of Special Ingredients Essential Oil* – mint or orange – and use to dip fruit kebabs into.

Mash together 2 large peeled and stoned ripe avocados with 2 tbsp fresh lime juice, 1 chopped jalapeno, 1 chopped tomato and ½ chopped red onion.



1
2
3
4
5
6
7
8
9
10

Place 6 sliced garlic cloves and 4 tbsp olive oil in a pan and heat until the garlic starts to turn golden. Remove from the heat. In a food processor, add 400g drained tinned chickpeas, the zest and juice of 1 lemon, 1 tbsp tahini and the garlic and oil from the pan. Season, whiz and serve with radishes and toasted pitta.

Blend together 200g Yeo Valley Natural Yoghurt with 2 tbsp chopped mint leaves and 2 tbsp chopped basil leaves.

Mix 40g watercress with ½ a garlic clove, 120g mayonnaise, 2 tbsp water, ½ tsp horseradish sauce, 2 tbsp rapeseed oil and ½ tsp salt. Blend together and serve.

Boil 200g podded broad beans for 4-5 minutes. Rinse under cold water and drain. Put the beans into a food processor with 200g Greek yoghurt, mint leaves, 20g vegetarian Parmesan-style cheese and ½ crushed garlic clove. Blend until smooth.

Coarsely grate 10 French breakfast radishes and chop 2 sprigs of mint very finely. Combine the radishes and mint with 150g Greek yoghurt.

Prick 2 aubergines and grill for 20 minutes, turning occasionally. Drain in a colander before removing the skin and head. Blend in a food processor. Add 2 finely chopped garlic cloves, the juice of ½ lemon, 1 deseeded red chilli, 2 tbsp chopped fresh flat-leaf parsley and 5 tbsp Rachel's Greek Style Natural Yoghurt. Mix again. Season and sprinkle over a good pinch of ground cumin and serve straight away.

ready to eat... ...or ready to cook



Hodmedod's BRITISH PULSES

hello@hodmedods.co.uk

W hodmedods.co.uk

@hodmedods

/hodmedods

LOVE CHEESE?

Our family company makes a range of award-winning artisan cheeses, including:



YORKSHIRE BLUE
HARROGATE BLUE
MRS BELLS BLUE
YORKSHIRE FETTL

Find our cheeses in a shop near you by
visiting our stockist locator:

SHEPHERDSPURSE.CO.UK/
RETAILERS

Suitable for vegetarians



WWW.SHEPHERDSPURSE.CO.UK

Cook the SEASONS

Great health through great food; that's the philosophy at the heart of *The Detox Kitchen Bible*. And these recipes certainly make the most of September's bounty

Baked Aubergine with Pomegranate

E EF V F T GF

SERVES 4
READY IN 1 HR

4 aubergines
1 tsp smoked paprika
1 tsp olive oil
1 pomegranate
a pinch of ground sumac,
to garnish

FOR THE TOMATO SAUCE
8 ripe vine tomatoes,

roughly chopped
4 shallots, roughly chopped
1 fresh red chilli, seeded and
roughly chopped
1 celery stick, roughly chopped
5 garlic cloves, roughly chopped
a handful of fresh flat-leaf parsley,
roughly chopped
2 sprigs of fresh thyme,
leaves picked

FOR THE YOGHURT DRESSING

1 tbsp plain soya yoghurt
grated zest and juice of 1 lemon
a handful of fresh coriander,

finely chopped
a handful of fresh mint, finely
chopped, plus extra leaves
to garnish
salt and pepper

1 Preheat your oven to 200C/400F/Gas 6.
2 Cut the aubergines lengthways in half. Score the flesh in a diamond pattern, cutting about 1cm deep. Sprinkle with the paprika and some salt and pepper, and drizzle the olive oil over the flesh. Place the aubergine halves, cut side up, on a baking tray and bake in the heated oven for 25 minutes until completely soft.

3 Meanwhile, make the tomato sauce. Combine all the ingredients in a blender and blitz for 30 seconds to create a chunky mixture. Transfer to a medium saucepan. Bring to the boil, then simmer on a medium-low heat for 20 minutes, stirring occasionally.
4 Mix the yoghurt with the lemon zest and juice, coriander and mint. Season with salt and pepper to taste.

5 Next, remove the seeds from the pomegranate. Cut it in half and place the halves cut side down on some kitchen paper. Gently tap them with a wooden spoon until all the seeds have fallen out. You will have to remove some of the skin that has fallen out too.

6 To serve, place two aubergine halves on each plate. Top with tomato sauce, then yoghurt dressing and, finally, pomegranate seeds. Garnish with mint leaves and sumac.

Per serving (4 servings): 124 cals, 3.1g fat



Lily Simpson runs The Detox Kitchen, whose boutique delis and specially designed health menus have won thousands of customers. With consultant nutritionist Rob Hobson, they devised *The Detox Kitchen Bible*.

"Fresh herbs and spices reduce the need for salt when you're flavouring food, whilst adding an extra nutritional boost to your dishes."



Beetroot Falafel

E EF V F T GF

SERVES 4
READY IN 2 HRS,
20 MINS

200g dried chickpeas
2 raw beetroots, peeled and finely diced
1 carrot, finely diced
50g cashew nuts
30g home-shelled pistachio nuts
1 tsp olive oil
½ red onion, finely diced
2 garlic cloves, finely chopped
1 free-range egg, lightly beaten with a fork
grated zest of 1 lemon
2 tsp ground cumin
1 tsp smoked paprika
1 tbsp sesame seeds

FOR THE YOGHURT DIP

3 tbsp plain soya yoghurt
grated zest and juice of 1 lemon
1 tsp tahini
1 cucumber, peeled, seeded and finely sliced
a pinch of ground cumin
a pinch of salt

TO SERVE

iceberg lettuce, separated into leaves
fresh mint leaves

1 Soak the chickpeas in cold water overnight. The next day, drain and place them in a fresh pan of water. Bring to the boil and simmer for about 50 minutes until soft. Drain and pat dry with kitchen paper.

2 Preheat your oven to 180C/350F/Gas 4. Line a baking tray with greaseproof paper.

3 Place the chickpeas, beetroot, carrot, cashew nuts and pistachios in a blender and pulse until finely chopped. Transfer to a large mixing bowl. Set aside.

4 Heat the olive oil in a non-stick frying pan and cook the onion and garlic until soft. Add them to the bowl along with the rest of the ingredients (except the sesame seeds). Mix together well.



"Beetroot is a rich source of folate, which is used in the production of red blood cells and helps ward off anaemia."

This pearl barley version tastes just like a classic risotto!

5 Shape the mixture into small balls and roll them in the sesame seeds to coat. Place the balls on the baking tray and bake in the heated oven for 50 minutes.

6 Meanwhile, make the dip by mixing together all the ingredients for it.

7 Serve the falafels with the dip, lettuce leaves and mint. To eat, place three mint leaves on a lettuce leaf, set a falafel on this, add a dollop of yoghurt dip and wrap up.

Per serving (4 servings): 403 cals, 19.1 fat

Butternut Squash and Sage Risotto

E EF V F T GF

SERVES 4
READY IN 35 MINS

30g sunflower seeds
1 lt vegetable stock
3 sprigs of fresh sage, leaves picked
1 tsp rapeseed oil
3 banana shallots, finely sliced
3 garlic cloves, finely diced
200g pearl barley
1 butternut squash, peeled and cut into 1cm cubes
a handful of green beans, finely chopped
a small bunch of fresh chives, finely chopped
grated zest of 1 lemon
salt and pepper

1 Preheat your oven to 200C/400F/Gas 6.

2 Spread the sunflower seeds on a baking tray. Toast in the oven for 10 minutes until golden.

3 Pour the stock into a medium-sized pan, add the sage leaves and bring to a simmer.

4 Meanwhile, heat the oil in a large frying pan. Add the shallots and cook for six minutes. Add the garlic

and cook for three minutes.

5 Now add the pearl barley and stir until all the grains are coated with oil. Add two ladles of the hot stock and simmer, stirring, until all the liquid has been absorbed – this will take 4-5 minutes.

6 Add the butternut squash with another ladle of stock. Once this stock is absorbed, add another ladleful, continuing to stir regularly. Keep adding the stock in this way, adding the green beans with the final ladleful. Once this final addition of stock has been

absorbed, remove from the heat.

7 Season and stir in the chives and lemon zest. Leave for five minutes before serving, sprinkled with the toasted sunflower seeds.

Per serving (4 servings): 348 cals, 6.3g



Recipes from *The Detox Kitchen Bible** by Lily Simpson and Rob Hobson (£25, Bloomsbury). Photography by Keiko Oikawa and author photos by Marian Alonso

*Includes non-vegetarian content

NEW NUT FREE SNACKS

LOVINGLY MADE BY THE BUTLER
FAMILY AND THEIR TEAM



PUBLISHED
RESEARCH ON CANCER
FIGHTING PROPERTIES
GOOD4U.CO.UK
/RESEARCH

PACKED WITH
NUTRIENTS

HIGH FIBRE

HIGH PROTEIN

LIVING FOOD

JOIN US ON
OUR HEALTHY
EATING QUEST



GOOD4U.CO.UK



THE ULTIMATE SUPERFOOD
FOR VEGETARIANS



CHECK OUT SHELLY'S
BLOG FOR HEALTHY TIPS
GOOD4U.CO.UK/BLOG



CERTIFIED
DIETITIAN &
NUTRITIONIST



AVAILABLE IN
Sainsbury's
TESCO



VEGGIN' OUT

WITH LUCY PORTER

Already dreading the onset of autumn? Lucy Porter thinks there's plenty to look forward to

Traditionally, autumn is associated with decline or decay. The death of summer, the onset of winter. Artists have emphasised the melancholy aspects of the 'fall' – Kurt Weill and John Keats, I'm looking at YOU. Personally, I never walk taller than when the days grow shorter. Here are four reasons why autumn rocks:

PARSNIPS!

I spent decades of my life blind to the joys of the 'snip. When mum did a Sunday roast, I'd gag if I mistook one for a roast potato. Then the scales fell from my taste buds and I realised that a honey-roasted parsnip is a little slice of heaven.

APPLES!

Usually, the phrase 'there's fruit for pudding' ranks up there with 'I'll just read you a few of my latest blog posts' as a disappointing end to an otherwise lovely evening. In the autumn however, we are in cooking apple paradise. Stewed, baked or preferably in a crumble with lashings of custard, the humble apple is almost the equal of a tiramisu, trifle or syllabub.

JUMPERS!

It's the time of year when body fascists leave you alone; you haven't got to be 'beach body ready' or 'slimming down for Xmas Party Season'. It's the 'bring out the lovely jumpers and 120 denier M&S tights and fill your boots' season. Literally. My calves become so bountiful that I cannot quite zip up my biker boots, and have to resort to a more forgiving shoe.

EARTH! WIND! FIRE!

The earth is abundant with mushrooms to forage for your soups and stews. The growing winds and chill provide an excuse to stoke the log fire. Or in our case, put on the log-effect gas fire, feel guilty about the financial and environmental costs, switch it off again and put on another lovely jumper. It's also a very good time to eschew all the decay imagery of Keats, Weill and their depressing ilk. Bung Earth Wind and Fire's autumn anthem *September* on the stereo. 'Ba-de-Ya, dancing in September...' Yep, I have no idea what those lyrics mean either, but who cares? It's a very upbeat song, for an arguably very uplifting time of year, if you don't mind an itchy jumper or two.



2014
WORLD
Hot Sauce AWARDS
TRIPLE WINNER



2014
GREAT
TASTE AWARDS
TRIPLE WINNER

"eat me!" Edible Real Flower Petals

*Add style and difference to Cupcakes, Desserts,
Celebration Cakes, Cocktails, Chocolates,
Meringues, Champagne,
Ice Cream.....
Etc...!!*



*Loads of
Sugared and Unsugared varieties to choose from*



*Colours
Too!*

*Natural Flavour Extracts & Essences
To ensure that every creation
tastes just the way it should*

"A stroke of genius"
GREAT BRITISH FOOD

"Astounding range"
GOOD HOUSEKEEPING

MASTERPIECES By Uncle Roy

These - and more - from top stores or from www.uncleroys.co.uk

HOW TO... *Make the ultimate* **GOURMET VEGGIE BURGER**

You don't need to visit the hippest joint in town to construct your own perfect patty. Here's the DIY version



FANTASTIC FOUNDATION Wheat & Rye Rolls
£1.03, Waitrose

READY, STEADY, RELISH 'The Best Onion
Marmalade', £2.95, uncleroys.co.uk

AMERICAN DINER Squeezy Tomato Dispenser,
£3.29, lakeland.co.uk

PERFECT PATTY Fry's Traditional Burgers,
£3.15, Ocado

CLEAN CONDIMENT Chippa May-O,
£1.29, Sainsbury's

CHEESE CHOICE Smoked Flavoured Ilchester
Applewood Cheddar, £1.85, Ocado

FERMENTED & FANTASTIC Mrs Elswood
Haimisha Cucumbers, £1.35, Ocado

SHINE BRIGHT Party Illuminations Love Sign,
£16.50, talkingtables.co.uk

PASSION PROJECT

My New Roots blogger **Sarah Britton** has carved a career out of using food for wellness and healing, without counting the calories. So, we gave Sarah a challenge – cook up three delicious desserts that don't taste healthy – she didn't disappoint...





AVOCADOS are loaded with monounsaturated fats which lower cholesterol, reduce the risk of heart disease, and even offer protection against certain cancers. They contain vitamin K, essential for normal blood clotting; calcium, for strong bones; and vitamin C, to boost the immune system.



Mint Chip Ice Cream Sandwiches

E E F V F T G F

**MAKES 6 SANDWICHES
READY IN 40 MINS (PLUS
3 HRS FREEZING)**

140g raw cashews, soaked for at least four hours
75ml raw honey or pure maple syrup, or more if needed
1 small ripe avocado, sliced
2 tbsp coconut oil, melted
14 drops food-grade peppermint oil or about 40 leaves lightly packed fresh mint leaves, or more if needed
Raw Chocolate Cookies (see Masterclass)
cacao nibs (optional), for garnish

1 Drain and rinse the cashews and combine in a blender or food processor with the honey, avocado, coconut oil, peppermint oil and 112ml water. Blend on high until smooth. Taste for sweetness and minty-ness, and adjust to taste. Pour in an airtight container and put in the freezer for 3-4 hours or overnight.

2 Remove the ice cream from the freezer about 20 minutes before assembling the sandwiches.

3 Put a scoop of ice cream on one cookie, then place another cookie on top, sandwiching them together. Roll the sides in cacao nibs, if desired. Serve right away or put in an airtight container in the freezer until you are ready to enjoy, or for up to two weeks.

Per sandwich: 495 cals, 38.7g fat

MASTERCLASS RAW CHOCOLATE COOKIES

**MAKES 12 COOKIES, ENOUGH FOR SIX ICE CREAM SANDWICHES
READY IN 20 MINS**

* 60ml raw honey or pure maple syrup * 3 tbsp coconut oil * 2 tbsp cacao butter * 5 tbsp cacao powder * pinch of fine sea salt * 30g cacao nibs

1 In a small saucepan over a low heat, melt together the honey, coconut oil, and cacao butter. Remove from the heat and whisk in the cacao powder and salt until smooth.

2 On a parchment-lined baking sheet, drop about a tablespoon of chocolate per cookie and let spread into a thin wafer. Sprinkle with one teaspoon cacao nibs. Repeat until you have 12 cookies.

3 Freeze the cookies until solid, then remove the parchment and store the cookies in an airtight container in the freezer for up to one month.

Per cookie: 106 cals, 8.5g fat

MACADAMIA NUTS are among the fattiest of all nuts, but do not despair! The type of fat found in these buttery little treats is monounsaturated, the kind associated with helping to lower the risk of heart disease, stroke, and breast cancer.



BOOKSHELF

Recipes taken from *My New*

Roots by Sarah Britton (£20, Pan Macmillan). Recipe photography by Sarah Britton. Author photography by Laura Sniderman.

Raspberry Macademia Thumbprint Cookies

E E F V F T G F

MAKES 16 COOKIES
READY IN 1 HR

125g raspberries
½ tbsp pure maple syrup or raw honey
1 ½ tbsp chia seeds
300g gluten-free rolled oats
1 tbsp arrowroot powder
1 tsp fine sea salt
80ml coconut oil
150ml pure maple syrup or raw honey
1 tsp vanilla extract
45g raw macadamia nuts, roughly chopped

1 Make the jam: Blend the raspberries with the maple syrup in a food processor until smooth. With the processor running, slowly pour in the chia seeds and mix until they are fully incorporated.

2 Transfer the jam to a glass jar, cover it, and chill it in the fridge until it has gelled, 15-20 minutes.

(You can keep the jam in the fridge for up to one week.)

3 Preheat the oven to 180C/350F/Gas 4. Line two baking sheets with baking parchment.

4 Process 250g of the oats in the (clean) food processor on high to make a rough flour. Pour the flour into a large mixing bowl, and stir in the remaining 50g oats, arrowroot powder and sea salt.

5 In a small saucepan over a medium heat, melt the coconut oil and honey together, whisking to blend. Add the vanilla and stir.

6 Pour the wet ingredients over the oat mixture, and stir until just combined. Fold in the chopped macadamia nuts.

7 Using wet hands, roll the dough into balls, each about the size of a golf ball, and space them an inch or so apart on the prepared baking sheets. Use your fingers to create an indent in the top of each cookie, and spoon in enough jam to fill it.

8 Bake for 20 minutes, or until the edges of the cookies are golden. Transfer cookies to a wire rack to cool.

Per cookie: 172 cals, 8.5g fat

“The first time I had a (virgin) piña colada was in Jamaica. I was 13 years old and I thought I had died and gone to heaven. This summer, I re-created that incredible taste of the beach in a frosty popsicle”

Pina Colada Passion Fruit Popsicles

E EF V F T GF

**MAKES 10 POPSICLES
READY IN 10 MINS (PLUS 4
HRS FREEZING)**

8 medium passion fruit
375g chopped fresh
(not canned) pineapple
1 x 400ml can full-fat
coconut milk
2 tbsp raw honey or pure
maple syrup

1 Scoop out the flesh from the passion fruit into a small bowl and set it aside. (You will have about 250ml total fruit pulp.)

2 Combine the pineapple,

coconut milk, and honey in a blender, and blend on high-speed until smooth.

3 Into each popsicle mold, pour a small amount of either the pineapple-coconut blend or the passion fruit pulp, and then alternate between the two until you've almost reached the top (leave a small amount of space at the top to allow the liquid to expand slightly in the freezer). Using a popsicle stick or skewer, stir the liquids a little bit to create a marble effect.

4 Insert a popsicle stick in each mold, and freeze until completely frozen, about four hours.

5 To serve, run each mold under warm water until the popsicle easily slides out.

Per popsicle: 36 cals, 0.5g fat

PINEAPPLES are excellent for digestion because they contain an enzyme called bromelain. Bromelain is also a powerful anti-inflammatory and is available in supplement form. Pineapples work to cleanse the body, purify the blood, and increase circulation. A good source of iron and manganese.



“I’m not fearful about getting old, but I am about making the most of it”

Cerys Matthews may have found fame in her youth, but now, with family, friends and fire, her life is richer than ever...

Cerys Matthews really has got her work cut out. As co-founder of The Good Life Experience (a feather in her cap she can add to musician, author, TV presenter and radio broadcaster) she has only a few short weeks to tie up all the loose ends and finalise arrangements, but she’s buzzing with excitement. “The pressure is really on to curate it really finely so nothing escapes us, down to the food offered and even the type of tent we’re putting on”, she explains in her irresistible husky Welsh lilt. “I want it to be a really fun experience for everyone – an opportunity to try new skills and experiences and get away from commercialism. The best things in life are free – it’s an old cliché, but it’s true.”

Most festivals are reliant on well-known headline acts to pull in the crowds, but The Good Life Experience veers away from booking populist acts. “I pick what I consider to be the best things regardless of whether they’re in today’s paper or whether people are telling us they’re the next new big thing. My co-founders Charlie and Caroline Gladstone and I want to search our quality acts and experiences we really rate personally and think our visitors will love too. We ask ourselves: is it soulful? Does it make you happy? Does it make life better? At this festival you get a chance to try your hand at new activities and stumble across new experiences. It’s all about discovery and not just about music.”

Cerys isn’t kidding. At the picturesque Flintshire site there are no big screens or overpriced burger vans. Instead you roll up your sleeves and get involved with learning how to throw an axe, cook on a campfire with Tom Herbert of The Fabulous Baker Brothers, abseil, get absorbed in talks on subjects as diverse as Thomas Hardy to foraging, or just take

WIN!

The Good Life Experience is held on the Hawaden Estate in Flintshire from 18-20th September and tickets cost from £45 for an adult weekend ticket. We’ve got two weekend tickets, plus camping, up for grabs! To be with a chance of winning, head to vegetarianrecipesmag.com/win and for more information on the festival, or to buy your tickets, head to thegoodlifeexperience.co.uk



advantage of endless free rides on the vintage playground.

"When we first started with the idea of putting on a music and literary festival, we wanted to add a dollop of the great outdoors with free activities. That's the big difference. I was at a big festival last year with our four children and overall the weekend cost a fortune – they wanted to go on the fairground and it cost 20 quid each. You want your kids to have a good time too, so at The Good Life Experience we wanted to offer good value for money. You can have as many goes on the vintage playground as you want and it's free, as is the archery, abseiling and other activities. It's about getting away from the marketing man, the capitalist money-making machine," explains Cerys.

The Great Outdoors

Despite being heavily tied up with the logistics of putting on The Good Life Experience, it's clear Cerys is in her element. "It's really not a headache," she insists. "This year I'm even more involved and hands on. I meet so many interesting people while working on *The One Show*, Radio Four and 6Music and lots of them are coming to the festival. You know when you meet people who are totally passionate about something? It can be a passion about collecting old shellac records, moss collecting, Thomas Hardy, anything. But when a person has dedicated their life to becoming an expert in their field it's fascinating just to be around that person, I love it. I love collectors and experts, no matter what their field happens to be." So does Cerys ever get an opportunity to kick back and enjoy the experience she has so meticulously laid on?

"I love barbecuing and cooking outside round the fire, so it's all halloumi and aubergines."

"Yep, yep, what I usually do is find a fire and sit around it," she laughs. "I love fires more than television. Actually, for all the things we had going on last year, the overriding feedback I had from the kids was how brilliant it was that they'd been allowed to play around with fire. The festival site is surrounded by maize fields and the kids are allowed to go into the field, pick a head of corn, stick it on the fire and eat it when it's cooked."

Bonfires feature heavily in Cerys' home life too, which she shares in West London with Steve, her second husband, and three of their five children (the oldest two have grown up and left home). Cerys' family is, as you would expect, refreshingly normal and somewhat outdoorsy – her youngest son, aged five, loves growing things in the garden, her other boy is "football mad" and her 11-year old girl is "really into Nirvana and gymnastics." Veggie food is an integral part of their family life – her husband has been vegetarian for 36 years and her daughter stopped eating meat at the age of seven, out of the blue. "I just love cooking," Cerys enthuses, "I love barbecuing and cooking outside round the fire, so it's all halloumi and aubergines. It makes sense not to eat meat at home. We eat a lot of Quorn, it's very handy!"

From Plot to Plate

For Cerys, one of the main draws of her city home is its leafy setting and when she lights the barbecue in her shared garden, neighbours flock over to join the fun. "My perfect weekend is having people over, outdoors, and a fire. I'd be cooking. My barbecue is a bit of a honeypot. The last time I started cooking on the grill we ended up with about 40 people around it. But

CERY'S ON...

BOOKS ON BEDSIDE TABLE

H is for Hawk by Helen McDonald – I love the way she writes, there's no fat on it at all. Also, *The Flying Classroom* by Erich Kastner and William Blake Poems selected by Patti Smith. I'm not opposed to reading children's books and I do tend to jump around a bit.

HER FOOD INFLUENCES

At the Womad festival I bought an Indian Madras cookery book. You know when you're eating proper South Indian cuisine. It's absolutely delicious and so cheap. Genevieve Taylor's *Let's Eat Outside* – I love this for obvious reasons. Also, Roger Philips is the world's mushroom and foraging expert who was doing it long before it became the zeitgeist thing to do. In the 80s I was given his book, *Wild Food*, which became my bible when growing up.

HER FRIVOLOUS WISH

I'd love to be a few inches taller – I'm currently 5'3" and shrinking. When I meet people they exclaim, "you're tiny, you're tiny!" and then they say, "you look much better in real life than you do on TV!" Not sure how I should take that really!

SACRIFICES

The only thing I sacrifice is when I look around and see all these people who have time to do their hair. That's what I sacrifice, I'm not really high maintenance at all. My children are always hounding me to shave my legs... it's not important!

Better each year

Speaking to Cerys, it's abundantly clear that she's courageous enough to stand up to her convictions and follow her passions. Her life has seen her fronting Catatonia, emigrating to the wilds of Tennessee, follow a diverse solo career which has included duetting with Tom Jones, and appearing on reality show *I'm A Celebrity Get Me Out Of Here*. "My whole thing is that you have one life and it moves very, very quickly," she asserts, passionately. "So if it's not harming anyone else and you want to do it, do it and regret it all when you're dead!"

One of the best pieces of life-changing advice Cerys ever recalls came from a fellow Welsh superstar who she greatly admires. "When you're growing up wanting to be a musician, it feels like all your heroes have flaws – they drink too much or whatever – and you believe in the romantic myth that you have to be tortured to make great art," she muses. "I didn't used to think twice about having a few lagers before getting up on stage, but it was 1999 and I was duetting with Tom Jones and he said to me, 'Cerys, don't drink before a show – you'll sing better and it will taste much better after!' and I've never drunk before a show again." Cerys pauses. "Yeah, it meant a lot and it was a great piece of advice."

Reaching her 40s has been a watershed for the former frontwoman, who is "surprised at how brilliant it is" to reach a new level of maturity. "I can only talk from my perspective, but when you're in your 20s you're sort of fishing around looking for yourself and what you're meant to be doing on this earth. In your 30s, maybe you're settling down and raising kids, being mega busy and then you reach your 40s and think, 'ooh, alright, and relax...' It's the great gift of life – your boat has settled in the water a bit, you're anchored. And then you realise you've got this short chunk of time between now and when your body gives up to cram in as much as you can. It's such a eureka moment. I'm not fearful about getting old, but I am about making the most of it. My mantra is 'life's too short'. It is too short. If anyone argues, or I get all diva-like and demanding, I stop and think, 'no Cerys, get a grip.'"



FAR LEFT: CERY'S PERFORMING
MAIN SHOT: YOU CAN LEARN TO COOK OVER A FIRE AT THE GOOD LIFE EXPERIENCE
ABOVE LEFT: CERY'S AT THE FESTIVAL
ABOVE: CAMPFIRE CLASSES

that's the kind of entertaining I like – I don't like the formal dinner party thing very much. I'd rather not do the talking. I stand over the coals with my glass of red and listen to everyone else's conversations."

Growing space is often hard to find in urban gardens, but Cerys has utilised the flower beds and even pulled up paving slabs to produce a variety of herbs and veg at home. "I love gardening, it's how I recharge," she says. "Most of my experience of gardening is moving mud from one side of the garden to the other, but I do enjoy fiddling about getting my hands dirty. My neighbours have kindly allowed me to pull up the concrete between our drives for what I like to call my little Mediterranean garden where I grow olives, lavender and rosemary and I've planted chard, cabbages and celery in the beds.

PURER THAN ALL BOTTLED WATER

THE PURE H2O COMPANY

The Pure H2O Company manufactures an exclusive range of water purification systems, softeners, conditioners and multifunction taps that improve health and well-being through technological excellence. The company developed the RODI system - the world's smartest drinking water purifiers - to remove all impurities found in tap water and is also the home of the iconic Quatreau™ multifunction tap.

PUREH2O.CO.UK

WHY CHOOSE RODI PURE H2O?

Most people dislike the taste of tap water and given the chance to try it, they definitely prefer Pure H2O. That's because it's free from the myriad of impurities found in tap water including pesticides such as slug poison, chemicals including fluoride, medications, hormones, petro-chemicals, heavy metals and micro-organisms. Bottled water contains contaminants, including nitrates that starve red blood cells of oxygen, and depletes the environment with plastics, food miles and its carbon footprint. RODI Pure H2O, which removes 99.99% of all tap water impurities, is purer by far than tap and all bottled water brands – and it's the environmentally responsible choice, too.



THE ALKALINITY MYTH.

Our stomach acid (pH 1-2) keeps us healthy by destroying bacteria. Many foods are acidic yet provide amazing health benefits (onions, citrus fruits) and the pH of Pure H2O is just below neutral (pH7), that's how nature creates it. The fact is your body regulates pH very effectively; alkalisied water is not needed nor is it beneficial, it can be harmful due to deposition of inorganic calcium leading to degenerative disease.

Learn more in Pure News at pureh2o.co.uk



EAT PURE, DRINK PURE.

Pure H2O is water just as nature intended. The equivalent of organic food, purified of all the pesticides, herbicides, hormones and chemicals in tap water and free from the toxicities of plastic bottled water. "We're bombarded with so many chemicals on a daily basis. To be able to cut out one major source and so conveniently, is worth every penny", says Flora, gym manager and Pure H2O client. Visit pureh2o.co.uk to find out more

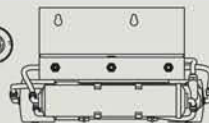


PURE CONVENIENCE.

With three installation options to suit your household's needs and budget, our technologically advanced water purifiers fit under your kitchen sink, installed by our expert engineers with the minimum of fuss. Our 'try before you buy' rental option, from just over £1 a day, lets you benefit from Pure H2O with minimal financial outlay (and if you buy within 12 months, we'll deduct all your rental fees). Call us to discuss which option is best for you



the
pureh2o
company



TOTAL PURITY CAN BE FOUND AT PUREH2O.CO.UK OR CALL 01483 617000 FOR A BOOKLET

THE WEEKEND PROJECT

Love it or loathe it, a barbecue wouldn't be the same without tomato sauce. But don't rely on shop-bought offerings when homemade is so easy and so utterly delicious...

Tomato Ketchup

E EF V F T GF

1 kg ripe tomatoes, cored and chopped
150ml plus 2 tbsp vinegar
50g soft dark brown sugar
½ tsp fine salt
pinch of ground cinnamon
pinch of ground cloves
pinch of celery salt

I Put the tomatoes in a saucepan and cook over a medium-high heat, stirring, until they break down, 15-20 minutes. Transfer to a food processor and whiz until smooth, then rub through a sieve and return the paste to a clean pan. Continue cooking the tomato over a low heat, stirring, until thick. Stir in the remaining ingredients and simmer for five minutes. Taste and adjust seasoning, sugar, or vinegar. The sauce will keep, covered, in the fridge for at least one week.
Per batch: 376 cals, 1.3g fat

Curry Ketchup

E EF V F T GF

1 small onion, grated
2 tbsp vegetable oil
2 tbsp curry powder
1 tbsp hot paprika
½ tsp mustard powder
pinch of ground cloves
500g passata
6 tbsp dark brown sugar
125ml malt vinegar
salt

I In a saucepan, soften the onion in the oil, 3-5 minutes. Stir in all the spices and cook until aromatic, about one minute more. Add the passata, sugar, vinegar and salt to taste. Stir to dissolve and bring to

the boil, then lower the heat and simmer until thick like ketchup. Taste and adjust the seasoning. The sauce will keep, covered, in the fridge for at least one week.
Per batch: 944 cals, 35.6g fat

Chilli Ketchup

E EF V F T GF

1 small onion, finely chopped
1 tbsp vegetable oil
1 garlic clove, crushed
700g passata
¼ tsp chilli flakes
1 tsp tomato ketchup
splash of cider vinegar
salt and freshly ground black pepper

I In a saucepan, soften the onion in the oil, 3-5 minutes. Stir in the garlic, passata, chilli flakes and ketchup and bring to the boil, then lower the heat and simmer until thick. Add some salt, pepper and a splash of vinegar; taste and adjust the seasoning. It will keep, covered, in the fridge for at least one week.
Per batch: 399 cals, 18.7g fat



READER OFFER

Recipes taken from *Fries** by Laura Washburn (£9.99, Ryland Peters and Small). Veggie readers can get this title for the special price of £7.99 including free P&P. Get your copy by phoning Macmillan Direct on 01256 302699 and quoting ref GLR EB3.

*Includes a little non-vegetarian content

*Beyond*TM
ORGANIC SKINCARE

0845 500 3550

www.beyondorganicskincare.com

Award winning natural and organic skincare
100% Vegetarian & Mostly Vegan



Sunita[®]

Fine Mediterranean foods since 1977



ORGANIC BRUSCHETTA SPREADS

Mixed Olive, Porcini Mushroom, Red Pepper and Tomato

- All vegan and ideal on toasted bread or rice cakes.
- So versatile you can use them to flavour sauces, as a relish, a sandwich filler or a pizza topping.

At Sunita we strive to find authentic foods and ingredients from the heart of the Mediterranean

Available from all good health food and fine food stores

www.sunitafoods.co.uk • Tel: 01234 354 783

OLIVES • OLIVE OIL • TAHINI • HALVA • PÂTÉS
PESTO • RAW HONEY • SESAME BARS

the
groovy food
company

DELICIOUS EATS FOR FEEL GOOD PEEPS!

Our Light Amber & Mild Organic Agave Nectar has a subtle sweet flavour, and is great for:

- cakes
- toast
- cereals
- saucers
- hot drinks
- salad dressings
- hot and cold foods

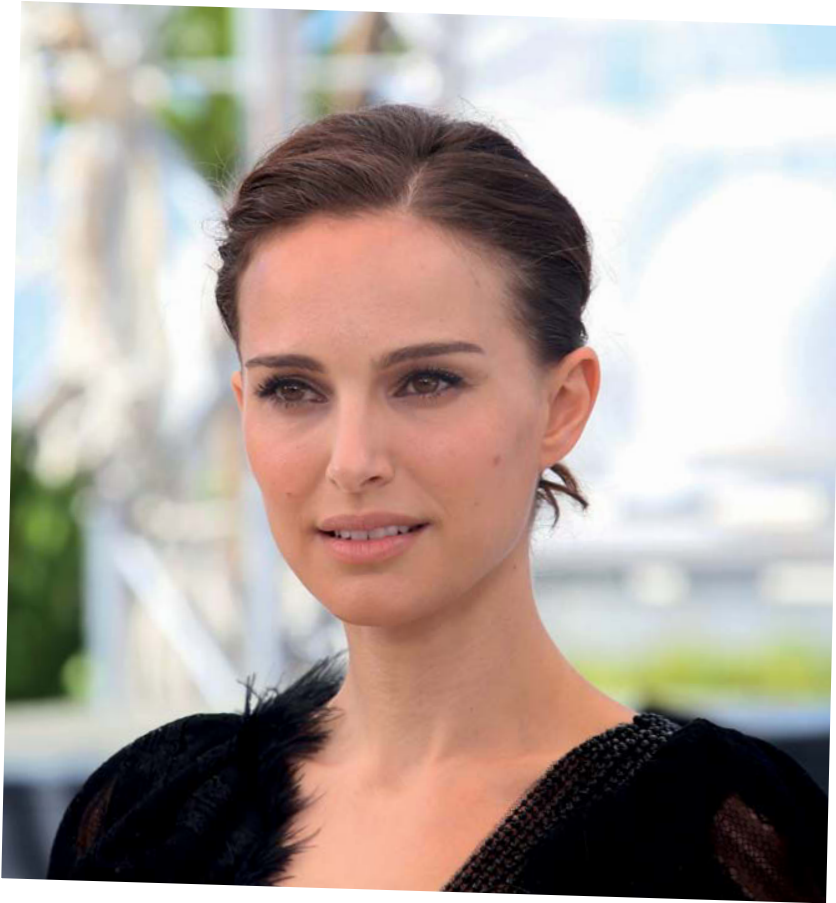


Our Rich and Dark Organic Agave Nectar has a deeper flavour, more like brown sugar, use it for:

- ice cream
- marinades
- yogurts
- smoothies
- baking
- toast
- hot drinks

JOIN US ONLINE AT WWW.GROOVYFOOD.CO.UK





“I think everyone is artistic”

Ask anybody their thoughts on the beautiful **Natalie Portman**, and we think it'd be nigh on impossible to receive a negative response. We talk to the affable actor about taking a break from Hollywood, seeking inspiration and avoiding normality

Endearing, elegant and ethically aware; stunning actor Natalie Portman has taken a hiatus from the limelight since winning an Oscar for her phenomenal performance in the psychological thriller-horror film, *Black Swan*. Since then she has become a mother to son Aleph (four), and has pulled no punches launching straight back into where she left off with her successful cinematic

career. The strict veggie has now undertaken her directorial debut, *A Tale of Love and Darkness*, and will be portraying Jackie Kennedy in an upcoming biopic release.

The Harvard alumni has never been one to rest on her laurels; when she was cast in a blockbuster she would research her role by delving into subjects stretching from psychology to a smorgasbord of languages. Whether it be shunning the consumption of meat or adapting a memoir by Israeli



"I feel like you have to use your non-religious morality to identify which ones you care about and which ones you feel are from another era."

novelist Amos Oz for her new film, she continually refrains from shying away from taking an educated and considered approach in her career, academic and lifestyle choices.

"I think specific stories telling specific points of view helps us understand people that we wouldn't normally get to meet in our lives; that's the beauty of books, it's the beauty of cinema," Portman explains. "We can see specific points of view and specific ways of life, which we wouldn't otherwise normally encounter."

Boundless Talent

Natalie will not only be directing *A Tale of Love and Darkness*, but she will also be stepping in front of the camera – something she is a little more accustomed to. But was this

juggling act anxiety-inducing or incredibly rewarding?

"Sure, it's much more intensive than simply just acting in a film – I mean, the duration and intensity of your work is infinitely multiplied, but it always felt so stimulating and inspiring," Natalie recalls. "There was a growth in experience at every step – I never actually questioned why I was doing it."

But juggling both roles as actor and direction wasn't the trickiest part of shooting, she was pursuing a film about the Israeli-Palestinian conflict – an intensely sensitive topic to explore. Natalie was born in Jerusalem and is well versed on the subject of religion, "I think the rituals, the identity and knowing where you come from is really important. I feel like you have to use your non-religious morality to identify which ones you care about and which ones you feel are from another era."

Staying True to Yourself

When she's not juggling acting and academics, the gorgeous A-lister maintains a healthy diet choice, free-from eating any sort of meat. Natalie has always been open about her meat-free lifestyle in the past, mentioning that she became vegan in 2009 after reading Jonathan Safran Foer's *Eating Animals*, but decided to adopt a vegetarian diet when she was pregnant with Aleph. She claims that she did crave dairy and eggs, but simply increased her iron- and B12-rich foods to supplement the nutrients her body was missing.

The *Star Wars* star has been in the limelight for most of her life, with a breakthrough performance in *Léon: The Professional* at the age of 12, almost immediately catapulting her into being recognised as a household name. The success has not chiselled Portman's strong character, though. "I think you're inevitably going to be subject to criticism, and I think one of the biggest parts of being an artist is to have thick skin," she comments. "I think everyone is artistic and it's whether you're able to put your stuff out there and say 'this is me, whatever you may think of it' and just dive in!"

DISCOVER PROVAMEL

Provamel is a European pioneer in delicious **organic plant-based foods**. Our products are **GMO-free**, **naturally lactose free**, **naturally free from animal fats**, **artificial flavourings**, **colours**, **pesticides** and **preservatives**. The **pure ingredients** and their **great taste** are the real heroes in our products! The Provamel range fits perfectly in a **vegetarian** and **vegan** lifestyle and offers you the chance to discover a broad taste panorama and a plantscape of exciting products!

NO SUGARS NO LIMITS

Whenever we can we make our products **SUGARS FREE**. But we never compromise on **QUALITY** and **TASTE**, so sometimes we add an **ORGANIC SWEETENING INGREDIENT** such as agave syrup.



INNOVATIVE & VERSATILE

Provamel uses a breadth of **ORGANIC PLANT-BASED INGREDIENTS** such as Almond, Coconut, Cashew, Macadamia, Spelt, Soya and much more. The result is a **MULTICATEGORY** range of plant-based drinks, desserts, alternatives to yogurt and cream. Use our products from breakfast till dinner, for cooking or baking, ice cold or steaming hot, ... the possibilities are endless. The only ingredient missing is you!

Cook up some inspiration on www.provamel.com!



GOOD FOR YOU GOOD FOR THE PLANET TOO

Since 2010 all our production processes are **CO₂-neutral**. Besides that we source our ingredients in an **ETHICAL** and **SUSTAINABLE** way. When possible we source close to home; in Europe. Those ingredients not native to Europe are harvested where they naturally grow.

Moreover, Provamel has a large extended family, by means of the **LONGTERM PARTNERSHIPS** we have with a number of organic farmers. This in order to secure a **FAIR INCOME** and **GOOD LIVING CONDITIONS** for the farmers, and to guarantee **TRACEABILITY** and a **QUALITATIVE SUPPLY** of the best ingredients.



FOLLOW US ON



LOVE YOUR FUTURE



Foodie Flavours
NATURAL FLAVOURING

Made with love
Natural flavouring for all you make and bake

High strength, natural flavouring for the food professional and serious foodie.

- ✓ Suitable for Vegetarians & Vegans
- ✓ Gluten-free
- ✓ Egg-free
- ✓ Dairy-free
- ✓ Made in the UK

... and 50 more at www.foodieflavours.com



River Green Café

www.rivergreencafe.co.uk
Tel 01603 622448



Norwich's premier vegetarian restaurant
Open Tuesday to Sunday in the lovely village of Trowse.

SPECIAL OFFER ... Bring this advert along to get a free bottle of house wine with any 2 Fine Dining Main Meals purchased. See website for full terms and conditions, cannot be used in conjunction with any other offer.
Only available Tuesday to Thursday .

Valid to September 30th 2015



Find all the veggie and vegan goodies you need, and have them delivered direct to your door with GoodnessDirect.co.uk

GoodnessDirect
The special diet shop.




GOODNESS DIRECT.co.uk
Healthy • Free From • Eco • Organic



T. 0871 871 6611



£5 OFF*
Your next order with **GoodnessDirect**

Simply enter the code **32234ZVK** when checking out. Only valid on orders over £50. Offer ends 30/09/15. Offer limited to one order per household.

Sweet TALK

Vegetarians needn't shy away from delicious candy.
Here's our pick of the best gelatine-free treats



1 BOUNCING BEANS Jelly Belly 20 Assorted Flavours, £1.47, Ocado

2 BLUEBERRY AND POMEGRANITE Australian Soft Eating Liquorice, £3.59, lakeland.co.uk

3 FRUITY FEELING Hope & Greenwood Pâte De Fruit, £3.99, Ocado

4 TREAT YOURSELF Jealous Yummy Bears, £2.50, thejealouslife.com

5 FUN FEAST Biona Organic Sour Snakes, £10.74 for a pack of six, Amazon

6 JELLY BERRY Biona Organic Berry Burst Jellies, £8.95 for pack of five, Amazon

7 JOYOUS ASSORTMENT Mix & Match Treat Bags, £3, Treat Cups, £3.50, talkingtables.co.uk



'A Haven of Peace & Inspiration'

Idyllic mountain setting. Comfortable rooms with whirlpool baths and four posters.

LANCRIGG

Vegetarian Country House Hotel
The Green Valley Cafe & Restaurant

Nutritious and delicious menus including vegan and gluten free.

Lake District 015394 35317
www.lancrigg.co.uk



The Perfect Food Filled Day

Learn to cook vibrant, seasonal dishes inspired by flavours from around the world. Choose from evening, day and long courses for a fun, informative experience.

Demuths

Cookery School

demuths.co.uk

us@demuths.co.uk 01225 427 938 6 Terrace Walk, Bath, BA1 1LN



A peaceful, friendly retreat in the heart of the English Lake District
special midweek offer - £345 per couple*

3 nights bed & breakfast at Yewfield Country Guest House
3 course vegetarian dinner at Fellinis on one night - fellinisambleside.com
3 course vegetarian dinner at Zeffirellis on one night - zeffirellis.com

*Offer based on 2 sharing a standard double or twin room. Superior room +£35, Suite +£65. Valid until 30 March 2016.



Yewfield, Hawkshead, Cumbria LA22 0PR • 015394 36765 • yewfield.co.uk

VEGETARIAN SHOES®

A TREAT FOR YOUR FEET IF YOU DON'T EAT MEAT!

ANIMAL FRIENDLY FOOTWEAR

Over 100 mens and womens styles including:
Casual, Formal, Sport, Leisure, Work, Hiking, Dress, Fashion, Sandals, Belts and Accessories.



Made in England and Europe with quality 'breathable' non-leather materials.

Free mail-order brochure:

12 Gardner St,
Brighton
BN1 1UP

Est. 1990

ORDER DIRECT AT: **www.vegshoes.com**

Tel: 01273 691913 info@vegshoes.com

If you do one thing this month...

KICK YOUR CAFFEINE HABIT WITH A HEALTHY ALTERNATIVE

It's Monday, the snooze button's been hit for the umpteenth time and you've buried your head under a mountain of pillows – you know the drill! Mornings can be a struggle, right? But if you can't make it through without a double espresso or counting down the minutes until latte o'clock, try turning your attention to this delicious alternative from purveyors of alkaline recipes, Honestly Healthy; it's indulgent like a milkshake and gives you the coffee taste we all know and love, without the acidic caffeine crash.

Try it

No Coffee' Coffee Smoothie

E EF V F T GF

SERVES 1
READY IN 5 MINS

1 cup coconut milk

3 tbsp yannah (barley coffee or dandelion coffee)
4 tbsp coconut yoghurt
1 tbsp maca or lucuma

1 Put all ingredients into a blender and blitz until smooth.

“Cooking is more exciting than ever”

Food stylist, writer and presenter; super-foodie **Jo Pratt** turns her expertise to healthy eating. Here, she serves up her favourite recipes from her new cookbook...

“I’ve always loved food and cooking. I grew up with plenty of good, home-cooked meals and my mum would be quite adventurous. I don’t recall being fussy and would be up for trying anything. I particularly loved the leftovers from my parents’ dinner parties!

“I am conscious of eating a balanced diet with healthy ingredients as much as possible, especially when at home. However, my job requires me to cook and try out a huge variety of dishes and I also love to eat out. To counter balance this, I’ll fit in some exercise along the way. If you work out then you can eat more of what you fancy, making life more enjoyable. There is nothing worse than having to deprive yourself – it just makes you want it even more.

On diet

“Breakfast typically consists of a bowl of oats, muesli or granola (preferably my homemade sugar-free granola if I’ve some left. Once made it gets eaten pretty quickly though!). I’ll top it with some fresh berries, scattering of chia seeds, a dollop of yoghurt and a splash of apple juice or milk.

“If I’m working from home, lunch will be something like a mixed bean, avocado, spinach and tomato salad, or a miso soup with veggies and noodles stirred through, or maybe a sandwich with hummus, grated carrot, spinach and lemon juice.

“I’ll try and drink

plenty of water during the day. I’ve also recently bought a Nutribullet so am experimenting with all sorts of juices. Often before I get the kids from school I’ll have one and try to make something that they might like too. They are yet to be convinced though that a bright green drink does actually taste good!

“Midweek dinners are usually eaten later than I like, once the children are in bed and my husband is home from work. At the moment we are both in the mood for healthy food most of the time, which is great, so I’m actually working my way through my own cookbook! We recently had Smokey Roots Tortilla with super-green salad (I had leftovers for lunch) and I’m keen to make the Soft-Boiled Egg, Cress and Barley Salad.”


On making healthy choices

“Once you put your mind to it, it’s amazing just what you can do with minimum ingredients. Start with a base to build your meal around such as couscous, quinoa, grains or pasta. Then check out what’s in your freezer or cupboard (it’s well worth keeping these fairly well stocked). Something as simple as quinoa tossed with peas, toasted pumpkin seeds, lemon juice and olive oil is simple and really nutritious.”

On the ultimate comfort food

“Nothing beats a hearty bowl of veggie chilli with a good proportion of spice in it. I like to make it with plenty of diced veg but to bulk it out and make it more nutritious I’ll add in some black eye beans (smaller and creamier than kidney beans), green lentils and bulgur wheat. To finish I’ll stir through a spiced butter to really enrich the finished flavour. To make this healthier I use walnut butter, which is made by blending walnuts until they become smooth and creamy. It’s super-easy, very versatile and so tasty.





*I'm happy when my friends
and family are tucking into
the food I've cooked*

On happiness

"Always look at any situation through a 'glass half full' perspective, not 'glass half empty'. That way problems in life appear more manageable. I'm happy when I have my friends and family around me, tucking into food I've cooked and seeing the joy on their faces. It's a great feeling."

On what inspires her

"There are many great chefs, cooks and food writers. I get inspiration from everyone, whether I'm reading their ideas in a magazine or cookbook, eating in their restaurants or watching them cook. Food and cooking are more exciting than ever, so there is no end to getting inspiration everyday of the week."

Feta, Pea and Mint Quinoa Salad

E E F V F T G F

SERVES 4
READY IN 25 MINS

200g quinoa
150g frozen peas, defrosted
200g crumbled feta cheese
1 bunch of mint, leaves chopped
100g pitted green olives, roughly chopped
55g rocket or baby spinach leaves, roughly chopped
grated zest and juice of 1 lemon
2 tbsp extra virgin olive oil
sea salt and freshly ground black pepper

1 Put the quinoa and 500ml water in a saucepan. Place over a high heat and bring to the boil. Once you have a rolling boil, cook for one minute then cover with a lid. Reduce the heat to low and leave to cook for 12 minutes.
2 Remove from the heat, leaving the lid on for a further five minutes, then run a fork through to separate the grains. Leave to cool.
3 Once the quinoa has cooled, toss together with all of the remaining ingredients. Season with salt and pepper before serving.
Per serving: 415 cals, 24.4g fat

Portabello Mushrooms with Pomegranate Couscous

E EF V F T GF

SERVES 4

READY IN 45 MINS

FOR THE ROAST MUSHROOMS:

4-8 Portabello mushrooms, depending on their size
4 tbsp pomegranate molasses
2 garlic cloves, crushed
2 tbsp olive oil
100ml vegan red wine
½ tsp dried chilli flakes
sea salt and freshly ground black pepper

FOR THE CARROT COUSCOUS:

1 tbsp olive oil
1 tsp grated root ginger
1 garlic clove, crushed
4 carrots, peeled and coarsely grated
275ml hot vegetable stock
175g wholewheat couscous
1 small bunch of mint, leaves chopped
finely grated zest of ½ lemon
seeds from 1 pomegranate, or 100g ready prepared seeds

1 Preheat the oven to 200C/400F/Gas 6. Put the mushrooms in a small roasting pan, stalk facing upwards. Mix together the pomegranate molasses, garlic, olive oil, red wine and chilli flakes. Pour over the mushrooms and rub into the gills. Season with salt and freshly ground black pepper and roast for 25 minutes, turning halfway through.

2 Meanwhile, make the couscous. Heat a large saucepan over low-medium heat and add the oil. Gently sauté the ginger and garlic for one minute, then add the grated carrot. Stir around in the pan for a couple of minutes to soften slightly, then add the stock. Bring to a simmer, stir in the couscous, then remove from the heat. Cover with a lid and leave for five minutes for the stock to be absorbed into the couscous.

3 Run a fork through the couscous and stir in the mint, lemon zest and pomegranate seeds.

4 When cooked, serve the mushrooms either whole or thickly sliced, with the carrot couscous.

Per serving: 385 cals, 12.7g fat

It's amazing what you can do with minimum ingredients



Bulgur wheat pilaf with kale and roast figs

E EF V F T GF

SERVES 4

READY IN 15 MINS

FOR THE BULGUR PILAF:

2 tbsp olive oil
2 onions, finely sliced
4 celery stalks, finely sliced
3 garlic cloves, crushed
1 bay leaf
¼ tsp ground allspice
300ml vegetable stock
150g bulgur wheat
100g blanched hazelnuts
300g kale, stalks removed and shredded
½ tsp dried chilli pepper flakes
sea salt and freshly ground black pepper
finely grated zest of 1 orange, to serve
4 tbsp Greek yoghurt, to serve

FOR THE FIGS:

8-12 figs, depending on their size
2 tbsp honey
125ml freshly squeezed orange juice
1 tbsp white wine vinegar

1 Preheat the oven to 200C/400F/Gas 6. To make the pilaf, heat one tablespoon of the olive oil in a saucepan and add the onions. Cook over a gentle heat for about 10 minutes until the onions are golden brown. Add the celery, garlic, bay leaf and allspice. Continue to cook for a further five minutes.

2 Stir in the stock, add the bulgur wheat, and bring to a simmer. Cover with a lid and cook over a low heat for 10 minutes. Remove from the heat and keep covered to allow the stock to be absorbed for about 10 minutes.

3 While you are cooking the bulgur wheat, cut each fig in half. Sit the fig halves in a small roasting pan and drizzle the honey over the top. Pour over the orange juice and vinegar, and add some black pepper. Roast for 20 minutes, basting with the juice a couple of times during cooking. When cooked, the figs will be golden and a little sticky.

4 Put the hazelnuts in a small roasting pan and toast in the oven for 6-8 minutes until golden. Remove from the oven and, when cool enough to handle, roughly chop.

5 Just before the bulgur is ready, heat the remaining one tablespoon olive oil in a large frying pan or wok. Add the kale and dried chilli pepper flakes and stir-fry for 2-3 minutes until just tender. If you feel it is burning, add a splash of water to create some steam in the pan. Season with salt, pepper and remove from the heat.

6 Run a fork through the bulgur wheat and add to the kale. Toss around to mix together thoroughly then scatter over the toasted hazelnuts. Serve the pilaf with the roast figs, including any of their juices, and finish with a scattering of orange zest and a dollop of Greek yoghurt.

Per serving: 472 cals, 29.7g fat



*Includes non-vegetarian content

..... 3 OF THE BEST TASTY HEALTHY SNACKS



SUNITA TAHINI
£2.55, sunitafoods.co.uk



MERIDIAN BARS
£1.19, Holland & Barrett



HODMEDOD'S ROASTED
FAVA BEANS
£2.29, hodmedods.co.uk



Just...
Oil



Just Oil is a fine culinary oil grown,
harvested, cold pressed, filtered and bottled on our farm
in Staffordshire.

Half the saturated fat of Olive Oil. High in Omega 3.
Drizzle, Fry, Roast, Bake, Dress.

Also available in a range of infused oils and salad dressings.

**You can find us in selected Tesco and Co-op stores,
speciality independents and on line at
www.amazon.co.uk**



For more information visit
www.justoil.co.uk, call us on 01543 493081
or email us on enquiries@justoil.co.uk



Good mood food



Feeling frazzled? We all have indulgences we turn to in our hour of need. But before you reach for that slab of cheese and crusty loaf, we caught up with flexi foodie, **Julie Montagu** to find out what to eat to suit your mood...

EAT YOURSELF HAPPY!

"Walnuts stand out in two ways – firstly, they contain magnesium, which many of us are deficient in. And, if you're low on magnesium you run the risk of suffering from depression and low-mood. Secondly, they contain alpha-linolenic acid (ALA), a form of omega three, and studies have shown that consuming high intakes of ALA can keep you feeling spirited."

GET YOUR FATS RIGHT

Want to ward off negative thinking? Top up on chia seeds. "These small seeds pack a punch! Can you believe that these little guys are the most powerful source, per ounce, of omega three fatty acids? Just like walnuts, they have been directly linked to beating depression."

SWEET DREAMS ARE MADE OF THESE

"One of the keys to a restful night's sleep is to slow down your brain rather than rev it up. So, if you want to fall into a deeper slumber, eat avocados; they contain Tryptophan which the brain uses to help build those sleep-inducing substances, serotonin and melatonin."

ENHANCE YOUR SELF-LOVE

"Dopamine is the neurotransmitter produced by your brain to make you feel good and develop self-confidence. And, guess what? Blueberries actually help increase the production of the feel-good dopamine." Top your morning porridge with the berries or have some to hand for a healthy snack.

BOOST YOUR BRAIN POWER

"Make like Popeye and pile your plate high with spinach – great for boosting energy levels and brain power! Studies have shown that eating spinach on a regular basis improves your memory and slows down the process of age-associated cognitive decline, because of the amount of vitamin K it contains."

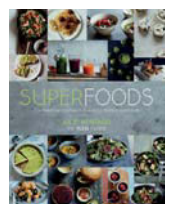
Illustration by Louise Abbott



Walnuts



avocado



Julie Montagu, The Flexi Foodie, author of **SUPERFOODS**, (£18.99, julie.montagu.com)



BEAUTY BAG INSIDER

Bold, beautiful and full of boundless energy; Irish TV host Amanda Byram is looking her best at 42. So, when she agreed to tell us her fave beauty buys, we wanted to know her stay-young secrets

If you ever needed proof that a healthy diet, natural skincare routine and a sunny outlook were the keys to anti-ageing success, Amanda Byram is it. The spirited former model,

fitness enthusiast and TV presenter is an advocate for looking and feeling your absolute best and if her flawless skin and winning smile are anything to go by, we want in on her secret!

1 Udo's Choice Ultimate Oil Blend, £21.99, udoschoice.co.uk

Our bodies need essential fatty acids for optimum health. This blend contains omega three, six and nine, essential fatty acids in a perfect ratio which are unprocessed and undamaged.

2 Ren Wake Wonderful Night-Time Facial, £32, renskincare.com

I'm a big believer of paraben-free products. This night-time facial works overnight so you wake up visibly brighter and more toned in the morning. It has a formula of actives which deliver a three-phase treatment – all while you sleep!

3 iS Clinical Active Serum, £110, isclinical.co.uk

This fantastic serum is so fast-acting I saw results in just a few days. It reduces the appearance of fine lines and wrinkles, plus hyper-pigmentation and acne. It also makes your pores shrink – win-win!

4 Mio Boob Tube, £29.50, mioskincare.co.uk

This bust and décolleté firmer from Mio skincare is fabulous for keeping that delicate skin around your cleavage toned, and eliminate sag. Mio has a 'no nasties' policy when it comes to its ingredients, so its omega-rich oils and shea butter are now organic.

5 Revitalash Advanced, £69, revitalash.co.uk

This super eyelash grower works wonders on weak eyelashes. You have to commit to it though, and use it every night for at least a month. Once you start to see your lashes flutter seductively, you won't forget to apply it!

6 Colberts Illumino Face Oil, £100, uk.spacenk.com

This gorgeous face oil contains borage seed oil (which aids cell repair), yangu oil (improves skin's elasticity), marula oil (helps hydration) and passion fruit oil (acts as an antioxidant). It's like a special treat for your face!



Udo's Choice®

Ultimate Oil Blend

This vital source of Omega 3 & 6 essential fatty acids is a perfect blend of flax, sesame and sunflower seed oils, as well as oils from evening primrose, rice germ, oat germ and coconut. Udo devoted many years to creating this formulation, a 2:1:1 ratio of Omega 3-6-9, the ideal balance for today's low fat and Omega 3 deficient diets. Nutritionally superior, fat-free and gluten-free. Organic and vegetarian.

Organic Omega 3-6-9

- High In Omega 3
- Whole Body Health
- Full Of Good Fats!

500ml

OMEGA OIL BLEND OMEGA OIL BLEND OMEGA OIL BLEND

2

REN
CLEAN SKINCARE

WAKE WONDERFUL
NIGHT-TIME FACIAL
+
WAKE WONDERFUL
SOIN MAGNIFIANT
DE NUIT

HYPOALLERGENIC
ECOLOGICAL



4ml/1.3 fl.oz. US

3



IS CLINICAL®
ACTIVE SERUM®

INNOVATIVE SKINCARE

4



mio
fit skin for life

Boob Tube+®

multi-action bust firmer
crème raffermissante
pour le buste

firm • brighten • protect
high intensity bodycare

6



COLBERT

illumino
Body Oil

75 mL/2.5 FL. Oz. ©

WHY NOT SUBSCRIBE TO **GYO** FOR 2 YEARS?

Pay just £70.85 for 24 issues!

Grow Your Own is the UK's leading kitchen gardening magazine. It's packed with growing tips, ideas and advice for gardeners of all abilities, from window box-growers to allotment plot-holders.



4 great reasons to subscribe:

- Pay only £70.85 for 24 issues – saving £48.91!*
- Gardening advice direct to your door every month
- Regular free covermounted vegetable seeds and books
- Never miss an issue, free delivery direct to your door

2 EASY WAYS TO SUBSCRIBE

01795 414 665
PLEASE QUOTE GYO15H2Y



growfruitandveg.co.uk/15H2Y

HEALTH BITES

The latest nutrition, fitness and wellbeing advice



Believe it...

CELERY JUST BECAME OUR NEW HERO INGREDIENT!

Add a bit of crunch to your meals this summer; take celery, radishes and spring onions off the sidelines and make them the main event. Still not convinced? Try the delicious recipes devised by Love The Crunch (lovecelery.co.uk) for quick, healthy and versatile dishes to spice up your culinary repertoire. We love this noodle kilner jar salad - make it up the night before for a quick and tasty lunch on the go.

Let there BE LIGHT

Can't shake those daily niggles and the constant craving for something more? Then Rebecca Campbell's new book could be what you're after. The inspirational *Light is the New Black* (£10.99, Hay House) aims to help you rediscover your authentic self. Packed with motivational quotes, helpful exercises and profound wisdom – you won't be able to put it down!

KEEP CALM AND CARRY ON

You're running late, the car won't start and you've shared a few choice words with your other half – sound familiar? Sometimes it doesn't take much to shift your mood from winning to whinging. But it's estimated that women spend a whopping five hours a week down in the dumps. Ladies, it's time to stop the strop! Bach Original flower remedies can help aid a sunny disposition, for those days you get out of the wrong side of bed:

- * Cherry Plum – Stay cool and keep control
- Holly – Let go of jealous feelings and give without wanting anything in return.



TOTES AMAZING

Cupboards ready to burst with disused carrier bags from your weekly shop? It might be time to opt for a more ethical solution. Enter, Viva Vegetables from Talented. The Sheffield-based eco-company has created these chic canvas totes to inject a bit of colour into your supermarket trips. The quirky bags start at £12.99 and are available from doodle-bag.com





Thirsty work

Hungry, tired and lack lustre skin; if these sound familiar you might want to top up your water intake. Good old H₂O might not seem that exciting, but it's vital to ensuring you stay well hydrated, especially during the warmer months. Recent studies have shown that a massive 89 percent of adults are not drinking enough to maintain healthy hydration levels, and, furthermore, 13 percent of women admit to drinking no water at all! So, ditch the shop bought smoothie, morning latte or afternoon cuppa, it's time to refresh the natural way. We love the new Infruition fruit infusing water bottles – the perfect summer accessory. £15.99, infruition.co.uk



OATY GOODNESS

When elevenses rolls around, do you reach for a healthy treat or do you give in to crisp o'clock? If your snacks aren't working for you, try these 100 percent natural oat bars; full of dates, apricots and seeds. £2.49, getbuzzing.co.uk



Ask Dr Rosemary

GP ROSEMARY LEONARD
ANSWERS YOUR QUERIES:

Q I'm 40 and am beginning to experience menopausal symptoms. I don't want to turn to HRT, what can I do to help alleviate the symptoms, that doesn't require medical intervention?

A Menopausal symptoms such as flushes, sweats and mood swings are caused by plummeting levels of oestrogen. You can boost your oestrogen levels through eating a diet rich in phyto-oestrogens. These are naturally occurring plant chemicals that have a very weak oestrogen-like action. These include red clover leaves, chickpeas and lentils, together with linseeds, beansprouts and especially soya products such as tofu or soya milk.

Dr Rosemary Leonard is a GP and Media Medic. To find out more, visit drrosemaryleonard.co.uk

BOUNCE IT

Think trampolining is just for kids? Think again! Bounce your way to better health with this low-impact cardio alternative. You can burn as many calories in just 10 minutes, as you can do with a 30-minute jog, plus you'll have more fun – we're sold! Find out more about JumpFit classes at jumpgiants.com

Go organic

If you think organic produce is just for the rich and famous, think again. The Organic Trade Board have got together with some top food bloggers, including Deliciously Ella, to come up with some budget-friendly organic meals. It's easier than you may think to make the switch and with Organic September just around the corner we've sought out some top tips to help you on your way:

#ThriftyOrganic Top Tips:

- 1** Plan ahead – with a bit of forward planning of your week's meals you will be able to make full use of your shopping basket, making food go further and avoiding waste.
- 2** Eat the season – by eating what's in season you'll be buying organic fresh produce when it's in abundance so it will be at the best price and quality.
- 3** Order an organic veg box – not only will you have a selection of fruit and vegetables perfect for creating meals, but the boxes get delivered right to your door.

Go to the organictradeboard.co.uk for more information.

viridian

The leading brand of ethical vitamins

100% Organic Liquid Iron

A tonic of organic plant infusions, fruit extracts,
honey and arctic wrack seaweed.



20mg
OF IRON
IN EVERY
DELICIOUS
SERVING



PURITY · CHARITY · ENVIRONMENT

For your nearest specialist health store visit viridian-nutrition.com

Food supplements should not be used as a substitute for a varied and balanced diet.

FREE* **YOU**
Naturally Powerful
**100% NATURAL
CLEANING PRODUCTS!**
WORTH £32



SUBSCRIBE TODAY!



YOU is a NEW generation of ultra-efficient, safe and totally refillable homecare products made from 100% plant-based active ingredients and biodegradable formulas. Your set includes 4 different cleaners with 2 refills for each bottles and comes in a gift box. Want to find out more?

Visit www.younaturallypowerful.co.uk for more details.

2 EASY WAYS TO SUBSCRIBE...
vegetarianrecipesmag.com/subscribe

Tel: 01795 414906 QUOTE: VEG0915

* TERMS AND CONDITIONS APPLY

Lines are open Monday-Friday 8am-8pm, Saturday 9am-1pm

Gut REACTION



‘Listen to your intuition,’ they say, ‘trust your gut’ – and that has never been truer than when it comes to your digestive health. But before you reach for your pull-me-in pants and over-sized sweater, here are our tips from the pros on how to cure the curse of a swollen tum...

.....

“Bloating can be such a problem, particularly for women,” says Dr Marilyn Glenville.

“You may feel fine when you wake up but as the day goes on you feel more and more uncomfortable, with your clothes feeling tighter and tighter. Bloating can be caused by wind, overeating or eating too quickly, constipation, food intolerance, candida (yeast) overgrowth and water retention (especially for women around their period).”

1

BE MINDFUL

Chew your food thoroughly. "Make sure that you're chewing well, because the health and efficiency of your digestive system can be dependant on what happens

during the first part of digestion, which takes place in your mouth through the action of chewing," explains Dr Marilyn Glenville, author of *Natural Solutions to IBS* (marilynglenville.com). "This not only helps with the mechanical part of digestion by breaking down your food into smaller pieces before it's swallowed but it will also make you eat at a slower, healthier pace. When you eat quickly you can often eat too much. Overloading your digestive system with too much food can cause bloating as it takes 20 minutes for your brain to register that you are full. When you eat more slowly you will automatically end up eating less food."

2

DRINK UP

"The best tip for eliminating water retention is to simply drink more water, as it's a natural diuretic," says Dr Glenville. "When you limit

your intake of water, your body often senses a shortage and so retains whatever you do have. You should aim for 6-8 glasses a day."

But it's not just good old H₂O that can keep us hydrated: "Due to its high water content, watermelon has a natural diuretic property, promoting regularity for a healthy digestive tract," nutritionist Kim Pearson tells us. "Watermelon also contains potassium which rids the body of excess sodium, helping to relieve water retention and bloating."



3

DITCH THE SWEET STUFF

"Sugar – including in alcohol – and refined carbohydrates may worsen symptoms of bloating," says Shona Wilkinson, head nutritionist at nutriconline.com. "If some of the digestive processes are not working properly, for example poor digestive enzyme production or lack of friendly bacteria, then sugar and starches may not be broken down properly and this can cause excess fermentation, leading to

symptoms such as bloating, flatulence and cramping. As well as limiting the most obvious sources of sugars and refined carbohydrates, it may also be helpful to reduce fruit consumption to no more than two pieces a day (fruit can contain high levels of sugar), and don't have fruit after other foods – it can be better eaten away from meals."

4

WORK IT OUT

“Physical activity helps air bubbles pass through your digestive tract quicker, so that bloated feeling will disappear faster than if you lounge on the couch,” Kim tells us. “Moderate exercise can also help to relieve constipation and stimulate bowel movement.”

5

EAT WELL

“As many of us know, a lack of fibre can be a cause of constipation”, informs Shona. “Good sources include vegetables, beans and lentils and whole grains. Soluble fibre

– a type of fibre that dissolves in water to form a gel in the gut – can be particularly beneficial as it can soften and loosen the stools and encourage natural movement of the digestive tract, and can be broken down by the good bacteria to produce substances that nourish the gut walls. It can also act as a ‘prebiotic’, encouraging growth of the friendly bacteria. Soluble fibre is found in many vegetables and fruits, oats, flaxseeds, beans and peas.”

“If you suffer from bloating and cramping, try limiting wheat bran (e.g. high-fibre wheat cereals), eating more ‘gentle’ grains such as brown rice and rolled oats instead of wheat, and peeling or cooking vegetables and fruits. Soaking nuts and seeds in water for 12 hours can help them to be more easily digested.”

Our gut is known as the seat of our emotions - it's nicknamed the second brain

7

BALANCING ACT

“Practice deep breathing to calm your mind and body,” suggests Akcelina Cvijetic, ultimate wellbeing specialist (akcelina.com). “Keep a food diary to find out your individual food intolerances that may cause bloating. Avoid the most common culprits such as dairy and gluten products.”

“Taking a good quality probiotic can improve the balance of bacteria in the gut and, subsequently, reduce the production of intestinal gas which leads to bloating,” says Kim. “Try Renew Life’s Ultimate Flora Critical Care (£37, Vegetarian Society approved) which contains a perfectly balanced formula to support efficient digestion to ease bloating and discomfort.”

6

STAY MINTY FRESH

“Make your own bloat-busting drink by adding a few drops of essential peppermint oil into warm water with fresh lime to help relax the digestive tract and reduce IBS symptoms” says Pearson.

8

REST & RELAX

“Our gut is known as the seat of our emotions and due to the enteric nervous system (ENS) it’s nicknamed the second brain,” says Akcelina. “Tension can have a profound effect on the whole body.

When under stress, digestion can get impaired and as a result we can experience bloating. Digestion can shut down completely when we are anxious meaning that digestive juices do not get to do their job properly, leading to undigested particles irritating the gut.”

“Banish the bloat by incorporating relaxation into your daily routine, such as yoga, reading a book or taking a bath with lavender oil before bedtime,” suggests Kim.

WHEN IS A SUPERFOOD REALLY A **SUPERFOOD?**

Our friends at **Tiana Fair Trade Organics** investigate the world of so-called 'superfoods'

Some brands would have you believe that their products are superfoods. Well, the dictionary definition states that 'superfoods' should be nutrient-rich food stuffs considered to be especially beneficial for health and well being.

But without any regulations in place, there's conflicting information which can make picking the healthiest foods in the shops really difficult.

The real deal

Here at TIANA Fair Trade Organics we have extensively developed a range of products that are true 'superfoods'. The TIANA Fair Trade Organics World's Premier Extra Virgin Coconut Oil is high in nutrition. No other virgin coconut oil on the market can make that same claim. That's because it's 100% raw with the highest content of essential fatty acids and antioxidants. It's the first cold pressing from fresh coconuts with absolutely no heat used during the production cycle. The product is full of important nutrients that are only available in fresh organic coconuts and is ideal as part of a balanced diet and excellent for well being. It's also a great source of energy and assists with metabolism.

A multi-functional extra virgin coconut oil, it can be used for all cooking and baking as well as a skin moisturiser and hair conditioner.

Simply exquisite

The TIANA Fair Trade Organics Exquisite Omega 3 Spreadable is made with organic virgin coconut oil which is then blended with top quality cold pressed organic olive and flaxseed oils that are natural sources of omega 3, 6 and 9. Omega 3 essential fatty acids have been shown to support heart and joint health. A fab addition to any vegetarian or vegan diet, this spread is also a fantastic and delicious dairy-free alternative to margarine, butter or other spreads.

Masterchef

For cooking, use TIANA Fair Trade Organics High Omega 3 Coconut Butter. With no cholesterol or trans fats, this product is a great source of omega 3 fatty acids. Do away with olive or rapeseed oil to make perfect and highly delicious roast potatoes. This butter is 100% superfood and one that's supercharged with omega 3, 6 and 9 and cholesterol free.

All the goodness

TIANA Fair Trade Organics Raw Organic Coconut Goodness contains a wide range of vitamins and folic acid, together with minerals that include calcium, iron, potassium and zinc. This superfood product provides all the benefits of raw coconut including dietary fibre, protein and lauric acid. It has medium chain fatty acids and is great for boosting your energy levels. With no additives or preservatives, expect only pure, unadulterated coconut.

Drink up!

Although not officially classed as a superfood, the TIANA Fair Trade Organics Raw Organic Coconut Water is extracted from young green coconuts and cut within three hours. The nutritional content is above all other coconut waters. Being high in enzymes it is a fantastic drink for therapeutic use and rehydrating purposes.

Get yours today

By buying these TIANA Fair Trade Organics Superfoods you will be getting a nutritional value far higher than any other brand on the market. You will also be supporting the developing world in providing an income and a better standard of life to the Filipino coconut farmers as well as their families.

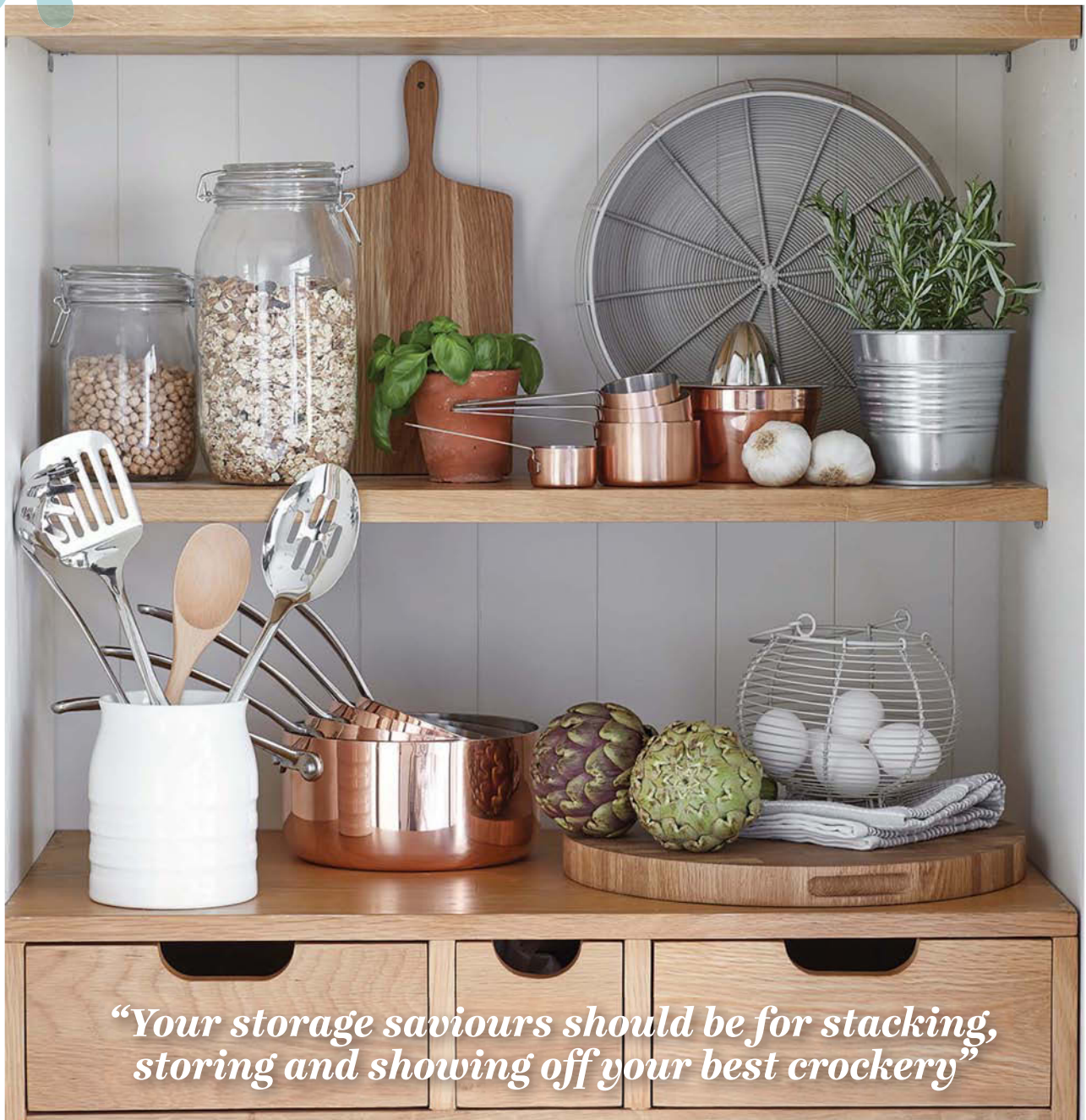


TO FIND YOUR NEAREST STOCKIST, VISIT TIANA-COCONUT.COM

If you do one thing this month...

ORGANISE YOUR PANTRY

Veggies! It's time to detox your kitchen. No, we're not talking about binning all your store cupboard essentials to make way for clean, wholesome ingredients (although that would be a bonus!), we're referring to clearing the clutter for a calmer workspace. No longer just a piece of functional furniture, your storage saviours should be for stacking, storing and showing off your best crockery and favourite cooking utensils. We loves these rustic containers, glass jars and copper pans from debenhams.com – ideal for making cooking easier and more enjoyable.



THE WHITE STUFF

Crisp, clean and chic; you can expect all three from this season's hottest shade...



Get it white this month and go for an all-blanc look. Yes ladies, it's time to give your wardrobe a white-out! Gone are the days of cheap, tacky stilettos, this season sees a pristine palette for an elegant head-to-toe look. This timeless shade is fresh, pure and simple – the perfect blank canvas to play around with different textures and fabrics – we love!



BARBARA TOP, £55,
beaumontorganic.com



WALLET, £39.95,
vegetarian-shoes.co.uk



*Made from
a super-thin but
strong version
of high-quality
Vegetan Micro
material*



**DOBBY BRODERIE
ANGLAISE DRESS**, £75,
frenchconnection.com



JERSEY BRODERIE TOP, £60, **LINEN
SHORTS**, £49, both from
thewhitecompany.com



**WHITE TEXTURED PENCIL
SKIRT**, £30, next.co.uk



**IVORY RELAXED
BOYFRIEND JACKET**, £109,
mintvelvet.co.uk



WHITE CREPE CULOTTE,
£50, wallis.co.uk

*Throw this
loungewear
on after a yoga
session or simply
don around the
house*



BATWING JUMPER, £85.95,
wellicious.com

PARTY ON YOUR PLATE

As well as being ludicrously tasty, Goodlife sausages are remarkably versatile. Let your inner chef sing by exploring the ways you can include the succulent sausages in your next meal...



MAKE: BEETROOT TRAY BAKE
USE: BEETROOT & FETA SAUSAGES
WITH ROASTED FENNEL, £2.49

Perfect for a wholesome dinner in the evening, cook up this meal by preheating the oven to 200C/400F/Gas 6. Roast your favourite veggies in rapeseed oil and with a couple of garlic cloves for 30 minutes, and on a separate baking tray cook the Beetroot & Feta Sausages. While you're waiting, pour yourself a nice glass of vegetarian red wine to pair with your dinner. Once cooked, bring everything together (squeezing the garlic out of their papery shells) and garnish with fresh herbs.

MAKE: SAUSAGES WITH MASH AND ONION GRAVY
USE: RED SKY TOMATO & BASIL SAUSAGES WITH CREAMY MOZZARELLA, £2.49

Keep the family happy with this classic with a twist. Simply caramelise 1 sliced onion – while doing this it's probably a good idea to boil potatoes for 15 minutes until they're tender and to grill the sausages. To make the gravy, sprinkle flour over the caramelised onions, and then gradually stir and mix in veggie stock, 100ml red wine and some Henderson's Relish. Mash your potatoes with warm milk, butter and mustard to taste, wait patiently for it to cool, dish it out and then tuck in!



MAKE: FRENCH BEAN SAUSAGE WRAP
USE: FRENCH BEAN, SPINACH & WENSLEYDALE SAUSAGES, £2.49

This is ideal if you're pressed for time and fancy a light and filling lunch. Cook your French Bean & Spinach Sausages in the oven and whip up a quick tzatziki. Finely chop ½ cucumber, wrap in a clean tea towel and squeeze to get most of the moisture out and mix with Greek yoghurt, freshly chopped mint and 1 crushed garlic clove. Once the sausages are cooked, wrap in a soft tortilla with grated carrot, shredded white cabbage, watercress and a dollop of the tzatziki. Wrap it all up and it's perfect to eat on-the-go!

MAKE: CAULIFLOWER CHEDDAR RISOTTO
USE: CAULIFLOWER & MATURE CHEDDAR CHEESE SAUSAGES WITH TRUFFLE OIL, £2.49

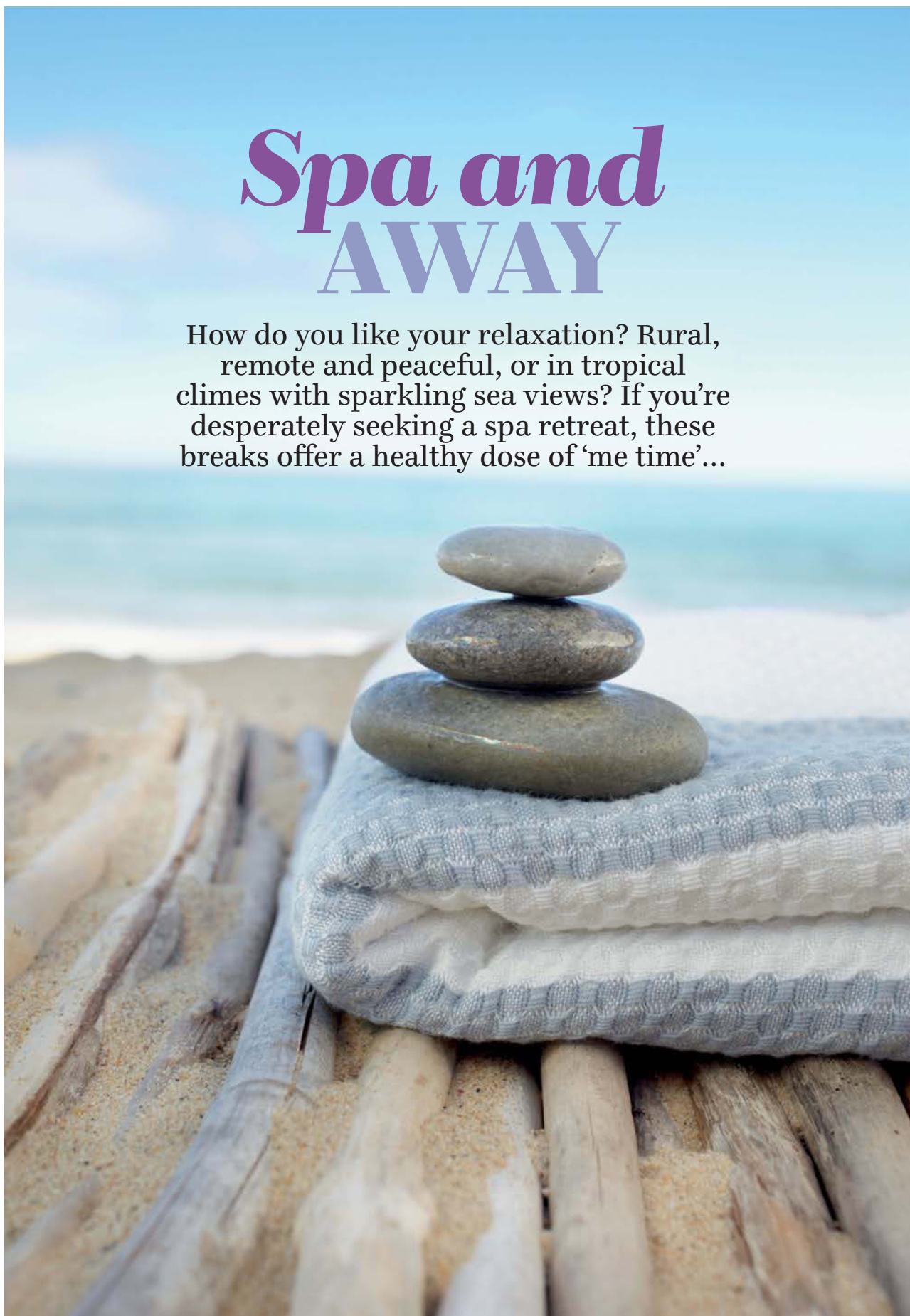
A risotto is always a winner at a dinner party – impress your friends by cooking this frenzy of flavours. Cook the risotto by soaking dried porcini mushrooms in 200ml boiling water for roughly 10 minutes. Fry some chopped onion, celery and garlic and add arborio rice and vegetable stock. Cook the Cauliflower & Mature Cheddar Cheese Sausages according to packet instructions, cut up and add to the cooked risotto. Serve, sit back and enjoy the inevitable praise.



TO FIND OUT MORE ABOUT THE RANGE AND TO EXPLORE
OTHER RECIPES VISIT GOODLIFE.CO.UK
GOODLIFE FOODS ARE AVAILABLE FROM WAITROSE, OCADO,
CO-OP AND GOOD INDEPENDENT SHOPS

Spa and AWAY

How do you like your relaxation? Rural, remote and peaceful, or in tropical climes with sparkling sea views? If you're desperately seeking a spa retreat, these breaks offer a healthy dose of 'me time'...





HOLISTIC HOLIDAY

Deadlines, social commitments, family life; mastering the balancing act can be an art! If you're in need of a digital detox, Middle Piccadilly is just the place to reconnect your mind, body and soul.

The holistic hideaway is nestled in the heart of the Dorset countryside and the chocolate box cottage is surrounded by picturesque views – the ideal setting to take time out from a frenetic lifestyle. Expect to feel instantly calm upon arrival and the cosy, rustic accommodation adds to the home-from-home environment.

This isn't a pamper break as most of us know it; there's no phone signal, no televisions and no shops nearby, so there's no room for distraction. And, within a couple of hours your still surrounds are sure to calm your bustling thoughts.

Enjoy brisk walks down the aptly named Peaceful Lane, yoga in the Star House, or simply spend an hour in the infrared sauna and Japanese soak tub. But, aside from the unique and tailored treatments on offer, the real stand out attraction at the retreat is the home-made vegetarian menu; the cashew and chickpea curry is a must-try.

If you're after somewhere you can recharge, rejuvenate and relax, look no further than this idyllic getaway; a place to regain calm, peace and balance away from the hustle and bustle of your daily routine – bliss!

Prices start from £100 pp, per night for full board accommodation. Treatments are available at an additional cost.

Visit: middlepiccadilly.com



HEALTHY HOLIDAY

It can sometimes be quite difficult to switch off on holiday, especially in the first few days. If you're anything like us, your mind is probably racing with next week's to-do list, wondering if you turned your work emails off, or worrying that you left the iron plugged in. Thankfully, Suryalila (a renovated olive farm and yoga retreat) has just the remedy. Nestled deep in the heart of the Andalusian countryside, this peaceful escape is surrounded by stunning mountains, with sweeping vistas of lakes and sunflower fields.

Here, you can attend expert-led yoga lessons, enjoy mouth-watering organic veggie meals and kick back in one of the hammocks in the olive grove – relaxation never sounded so good!

Seven nights start from £750pp based on two sharing a standard room, including brunch and dinner, daily yoga classes, airport transfers and use of spa/gym facilities.

Visit: destinationyoga.co.uk

Unwind on
a sunshine
yoga retreat





*Indulge in
a pampering
Thai massage*

EXOTIC ESCAPE

Golden beaches and deep turquoise sea views; there's more to Thailand than the backpacker's Mecca and full moon parties. Forget Bangkok and Chiang Mai, the healthy hotspot that you need to check out is situated on the beautiful island of Koh Samui. Surrounded by lush vegetation and only a stone's throw away from the beach, Absolute Sanctuary is the perfect place to completely switch off.

But this isn't an all singing, all dancing fitness bootcamp that promises to overhaul your figure, it's simply a healthy haven for you to naturally recharge your body. The wonderful Love Kitchen restaurant embraces colourful, raw and vegan food that works in harmony with the earth, using a variety of hand-picked, locally sourced produce. From exotic drinks to mouth-watering local cuisine, it's sure to awaken your taste buds.

However, if you thought the only activities on offer are to lie back and think of England, think again! You can choose from daily yoga, Thai boxing, a sunrise walk or fruit and veg carving to tempt you away from your sun lounger. But if deep relaxation is more your thing, then a trip to the spa is a calming way to end your day. Indulge in a luxurious Thai massage or a pampering deep cleansing facial to release any inner tension or toxins.

Health and Fitness Travel offers seven nights at Absolute Sanctuary from £1,825pp or £2,075 for single occupancy. Includes full board, a detox programme, return flights and transfers.

Visit: healthandfitnesstravel.com

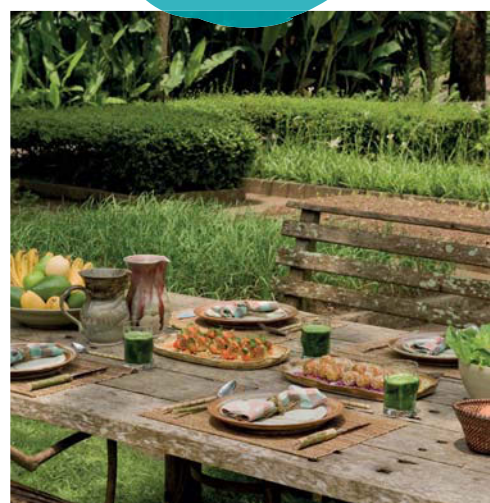
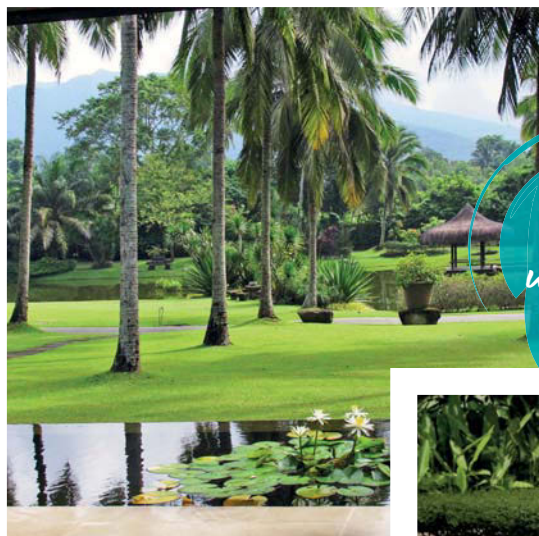
Tel: 0203 397 8891

PAMPERING PARADISE

If you're feeling frazzled from modern life your energy levels might have taken a hit. Don't fret, veggies! You can restore wellbeing and balance down at the Farm. But this isn't all haystacks and livestock, oh no, the luxury retreat is a secluded tropical paradise famed for its holistic approach to health. Set at the base of Mount Malarayat, just outside Lipa City, the healthy hideaway focuses on detoxifying treatments, raw nutrition and emotional guidance; all of which is believed to be the key to thriving.

Luscious palm trees, cascading waterfalls and flourishing wildlife; expect all three at the peaceful resort. There's fresh, vegan meals available from the award-winning Alive! restaurant, botanical spa treatments and a beautiful infinity pool to take advantage of during your stay.

Health and Fitness Travel offers seven nights from £2,240pp or £2,590 for single occupancy. Visit: healthandfitnesstravel.com Tel: 0203 397 8891



*Restore
wellbeing and
balance*

YOUR Fitness

3 ISSUES
FOR JUST
£6!*

Subscribe to Your Fitness Magazine!

Try your first 3 issues for just £6
then pay only £17.75 every 5 issues!*

WHY SUBSCRIBE?

- ◆ Free delivery straight to your door
- ◆ Free regular cover mounted gifts
- ◆ Get it before it hits the shops
- ◆ No risk trial offer



3
ISSUES
FOR
£6!*



Call: 01795 592 935 Quote: YFI15T
Visit: www.yourfitnesstoday.com/YFI15T

* Terms and conditions apply. Please see website for details

LIVE LIKE A LOCAL IN... BRIGHTON

If any city has a reputation, it's Brighton town. But if you can avoid the tutus, sashes and L-plates, you can uncover a veggie's paradise. Here are the hot spots you have to visit

Colourful, creative and cultural; there's more to Brighton than just a beachside Ferris wheel and vibrant club scene. At just under an hour's train ride from London Victoria, it's close enough for an impromptu adventure, but far enough away that you'll feel like you've had a real break. With the famous pier as a backdrop to this bold and bright city, you'll get the energy of city life, with all the freedom of a seaside getaway.

Oozing beachside cool, you can soak up the cosmopolitan atmosphere down the quirky Lanes lined with independent boutiques and cafes, or visit iconic landmarks like the Royal Pavillion; a dazzling palace, that feels both exotic and at home within this seaside town.

But, if it's Brighton's foodie reputation that's caught your attention, then you're in for a veggie delight. Just 10 minutes from the station is the award-winning local restaurant Terre à Terre; born out of a passion of two trained chefs, this exciting veggie eatery is a must-visit during your stay. Expect anything from unique sharing plates, to multi-course menus; think butter dhal and pickled paneer pappamosa packets, and coco cardamom fried spiced rice with spring onion and yuzu palm beanshoots – the adventurous menu is sure to stimulate your mind as well as your tastebuds.

Get social

If you have a more reserved palate, check out the well-known, Food For Friends, nestled in the South

Lanes, just off the seafront. The names of its dishes might not be as colourful, but this doesn't mean compromising on taste. Specialising in vegetarian cooking, it uses fresh, locally sourced ingredients, and in keeping with its ethos, it's moved away from a traditional set menu and created a mouth-watering sharing menu for you to enjoy with a friend. We love the sound of the baked halloumi, avocado and mango salad!

On the go

Short on time, but still fancy a nutritious lunch? Track down quirky café, lydea. This no-frills vegetarian cafeteria is ideal if you're after quality food that's great value. Simply choose any of the main dishes on display that day and the staff will then fill your plate with any of the salads, toppings and sauces that you fancy – the combinations are endless!

Want to explore more of the city while you eat? No problem! In Brighthelm Garden you'll find Brighton's bustling food market, Street Diner. But one stall not to walk by is Beelzebub, serving vegan doner kebabs, loaded hot dogs and scrumptious burgers – perfect for enjoying while you walk along the seafront.

Wherever your tastebuds take you in this sparkling city, you'll be spoiled for choice with amazing food and organic wine. Come on Veggies, what are you waiting for?



TOP: Brighton Pier
LEFT: Brighton Wheel on the seafront
BELOW: The Royal Pavillion – a dazzling palace and must-see attraction

Do you live in or around Manchester? We want your veggie recommendations for next month. Tweet us @veggimagazine or find us on Facebook



OVER TO YOU

Charlotte @Charlotte351

It'd be a crime to come to Brighton and not visit @iydea

Jane @reallovelyjane

Terre à Terre. I visit from London just to eat there

FLOWER POWER

Think it's too late to enjoy a little home-grown flavour in your food? Not so, as **James Wong** looks towards your flowerbeds with a greedy look in his eye...

With flavours spanning everything from intensely aromatic to

fizzy and sherbet-like and even rich and meaty, edible flowers can be much more than pretty garnishes. After all, some of our best-loved crops, such as artichokes, broccoli and cauliflowers, are nothing more than blossoms bred for the table.

This handful of examples is just a tiny remnant of a huge range of edible flowers that featured heavily in Western cuisine for centuries, right up until the Victorian period. Sadly, however, after a gap of a century or more, the latest flowery additions to our culinary repertoire have usually taken the form of species that look great, but taste of almost nothing. I'm looking at you violas, cornflowers and carnations!

But to dismiss all flowering veg as edible gimmicks would be to miss out on a whole world of unusual flavours. Behold the amazing range of common garden flowers that live secret double lives as esteemed ingredients in cuisines all over the world.

The Savoury Ones

They might look pretty to eat, but I promise you these flavour heavyweights are grown on a truly massive scale as everyday supermarket vegetables in cities from Shanghai to San José. Ladies and gentlemen, let me present the gourmet crops that lie hidden in your beds and borders...

Daylilies

Given that daylilies are among the most widely grown ornamental plants in the world, you might be surprised to discover that they are known in their native East Asia almost exclusively as a vegetable, a staple of all major supermarkets. With a sweet-savoury quality halfway between fresh runner beans and deliciously slippery okra, the plump flower buds are tossed into stir-fries or stirred through soups and stews in the last five minutes before serving. Harvest the flowers just as they begin to colour up (the yellow ones are the most popular in Asia) and cook them only with a quick blast in a hot pan to maintain their crisp yet paradoxically creamy texture.

Yucca

Despite hailing from the arid regions of the southern United States and Latin America, several species of this impossibly exotic-looking genus are hardy enough to have become popular garden plants in much chillier climes. Mature specimens will thrust up great big spikes of white, bell-shaped flowers from their centres each summer. Known to Latin American cooks as izote or itabo, they are considered a delicacy from Mexico to Guatemala, tasting like best heritage artichokes with a delicate hint of bitterness. A Mexican university buddy of mine used to make regular trips halfway across the country to buy the petals in brine at eye-watering prices. Tasty, super low-maintenance,





easy on the eye and with none of the artichoke's infernal fiddliness – I know which one I'd rather grow.

The Herby Ones

It isn't just the leaves of herbs that make good eating. In fact, many of their flowers are packed with way more of the essential oils that give the leaves their characteristic flavour. What's not to like?

Nasturtium

A distant relative of watercress, this common garden flower was first grown by the Incas in Peru and Ecuador for its wonderfully peppery flowers and leaves. It is fantastic used just like rocket or watercress to add spice to salads. Thinly sliced petals give potato salad an incredible colour and flavour boost. The plants will even self-seed through your beds, meaning that once you've sown them you will almost certainly never be without them again.

Lavender

Once one of the most popular culinary herbs, lavender now enjoys the somewhat dubious honour of being simultaneously one of the best-known floral ingredients and one of the most despised. This reputation is no doubt due to its recent trendiness, with chefs sprinkling great handfuls of the stuff into pretty much anything they can think of. When used overzealously it has a pungent soapiness, far more

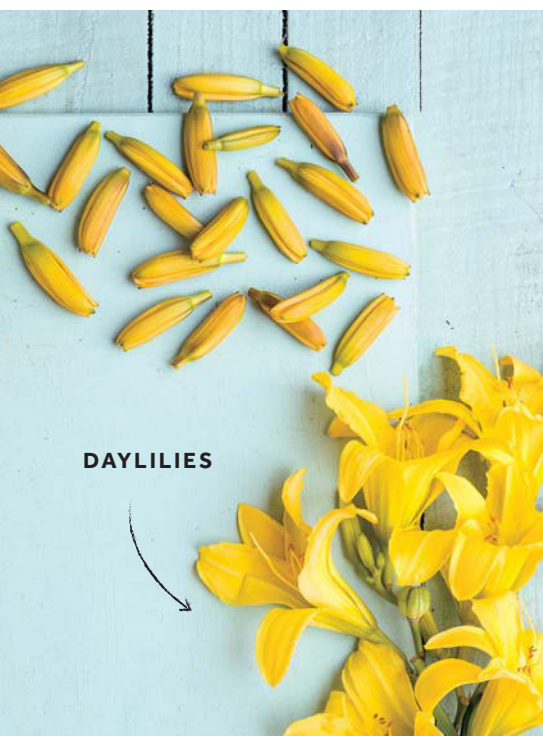
'granny's knicker drawer' than 'delicate heritage herb'. However, when used very sparingly in sweet and savoury dishes, just as you would thyme or rosemary, it adds all the wonderful resinous aroma of the former, but with an uplifting light floral note.

Camomile

Although mostly known for its dry form for use in tea, camomile tastes remarkably different when fresh. Cut straight from the garden, the fresh flowers have a honey-like flavour that is fleetingly similar to the dried version, but with a surprisingly pronounced pineapple aroma. I love them blended into butter with citrus peel, either to spread on hot toast or to use in fragrant cakes and biscuits.

Dill & Fennel

The dainty flowers of fennel have recently achieved notoriety as the uber trendy (and crazily expensive) spice known as wild fennel pollen. Just like those of its close relative, dill, these flowers have the classic aroma of the seeds, only magnified and made sweeter. Picking them off extends your harvest of the fresh leaves, too.



Extract taken from
*RHS Grow for Flavour**
by James Wong (£20,
Mitchell Beazley
octopusbooks.co.uk).



FLOWER WATERS & SYRUPS

THE AROMATIC CHEMICALS IN FLOWERS ARE HIGHLY SOLUBLE, MEANING THAT A SIMPLE OVERNIGHT SOAKING IN A JUG IN THE FRIDGE IS ALL IT TAKES TO TRANSFORM PLAIN OLD TAP WATER INTO A SURPRISINGLY INTENSE FLORAL ELIXIR BY MORNING

This infused water makes a refreshing, calorie-free drink in the summer and is an ideal base for a zingy floral lemonade with a squirt of citrus and a swirl of sugar syrup. You can soak a few pieces of sliced fruit with the flowers to double the flavour. I love the bright, clean flavours of Honeysuckle, Peony & Cucumber, Elderflower & Strawberry and Gardenia & Jasmine White Tea. Cold-infusion techniques have long been used in China and Japan with high-end teas to ensure the delicate flavours are retained in the brewing process.

If you are feeling less virtuous, adding an equal quantity of sugar to the strained infusion in a saucepan and heating it very gently over a low flame, just until the sugars have dissolved, will turn the infused water into a knock-out cordial. Covering with a tight-fitting glass lid during this process and swirling (not stirring) the pan occasionally will trap the aromatics in the liquid, preventing them from wafting away. Ideal candidates for this treatment include honeysuckle, jasmine, robinia and meadowsweet.

ELDERFLOWER &
STRAWBERRY

GARDENIA
+ JASMINE
WHITE TEA



WIN

TWO PLACES AT

Raymond Blanc's cookery school

COMPLETE OUR READER SURVEY

worth
£730!

We want to know all about our readers to make Veggie magazine even better, plus there's a chance to win a fantastic star-studded prize!



Raymond Blanc's two Michelin Star restaurant and hotel Belmond Le Manoir aux Quat'Saisons is a honey coloured 15th century Chiltern manor house that has been passionately transformed into a 32 room hotel and restaurant. Both hotel and two Michelin star restaurant have been conceived to provide the absolute best in service, comfort and cuisine.

Le Manoir is home to The Raymond Blanc Cookery School,

a place where students or even the most advanced home cook can come, enjoy and learn in a relaxed environment.

Budding chefs can learn the tricks of the trade from some of the world's culinary experts in the luxurious yet highly functional Cookery School. Courses are both residential and non-residential, so students can indulge and unwind in one of the luxurious bedrooms in the hotel and feast on the hotel's renowned cuisine either as inspiration for the coming day, or as a treat following an exciting and eventful day at the Cookery School.

Whether students are strict vegetarians or ardent carnivores, they can have fun preparing mouth-watering seasonal dishes and learn how to maximise use of herbs and spices as well as creating a wonderful Swiss chard tart along with other delights.

Students learn how to transform home grown produce into delicious and nutritious meals, picking vegetables from Belmond Le Manoir's two-acre kitchen gardens to create an array of dishes including tomato essence risotto and poached and confit artichoke.

The course includes one day tuition, morning and afternoon tea, an informal lunch in the cookery school and a course certificate. The day begins at 8.45am and ends at approximately 4.45pm. The course costs £365 per person.

Veggie Magazine has teamed up with Belmond Le Manoir aux Quat'Saisons and The Raymond Blanc Cookery School to offer readers the chance to win two places on the Vegetarian Cookery Course. To enter, simply complete the form opposite.

Visit belmond.com/lemanoir or follow the Twitter account @RBCookerySchool.



A great day out

All that is required to attend the Cookery School is a passion for food and the desire to have fun preparing it. Under the expert guidance of Mark Peregrine (Cookery School head tutor, who worked with Raymond to win the first Michelin star over 30 years ago) students are given a hands-on opportunity to develop their culinary skills in a practical and fun environment.

The Vegetarian Cookery Course at The Raymond Blanc Cookery School explores the magic of vegetables, herbs and pulses.

PLEASE TICK ONE ANSWER UNLESS STATED OTHERWISE

How often do you/would you buy Veggie?

- ☐ This is my first issue
☐ Every month
☐ Every 3-6 months,
☐ Twice a year
☐ Once a year
☐ I have a subscription
☐ Never again!

Why did you become vegetarian?

- ☐ Ethics
☐ Health
☐ Environment
☐ Other _____

What influenced you to buy this issue?

- ☐ Cover photograph
☐ Subjects mentioned on cover
☐ Competitions
☐ Heard about it online
☐ I always buy it when I see it
☐ I subscribe

What would be the main incentive to take up a subscription?

- ☐ Discounted price
☐ Free gift
☐ Trial for three issues

Are you signed up to our monthly newsletter?

- ☐ Yes
☐ No

Which social media websites do you use? (tick all that apply)

- ☐ Facebook
☐ Twitter
☐ Instagram
☐ Pinterest
☐ I don't use social media

Do you visit the Veggie website www.vegetarianrecipesmag.com?

- ☐ Frequently
☐ Often
☐ From time to time
☐ Rarely
☐ Never

How would you describe yourself? (Tick all that apply)

- ☐ Vegetarian
☐ Vegan
☐ Gluten-free
☐ Lactose-free
☐ Pescatarian

- ☐ Flexitarian
☐ Meat eater

What do you like to do in your spare time? (tick all that apply)

- ☐ Cooking
☐ Baking
☐ Gardening
☐ Yoga/meditating
☐ Outdoor pursuits
☐ Crafts
☐ Fitness classes
☐ Reading
☐ Other (please state) _____

How much do you spend on natural/ethical/cruelty-free beauty products per month?

- ☐ £0-£10
☐ £10-£50
☐ £50-£100
☐ £100+

What influences you when buying clothes and homewares?

- ☐ Style
☐ Ethical/fairtrade
☐ Vegetarian/vegan
☐ Price

What other magazines do you read? (Please specify)

How old are you?

Are you

- ☐ Male
☐ Female

What's your annual household income?

- ☐ Under £30,000
☐ £31,000-£40,000
☐ £41,000-£50,000
☐ £51,000-£60,000
☐ £61,000-£70,000
☐ £70,000+

Which of the following best describes your chief income earner's occupation?

- ☐ Higher managerial, administrative or professional
☐ Intermediate managerial, administrative, professional
☐ Supervisory or clerical and junior managerial, administrative, professional
☐ Skilled manual worker
☐ Retired
☐ Not employed

Have you ever bought anything recommended by Veggie?

- ☐ Yes
☐ No

How many adverts do you respond to per issue?

- ☐ None
☐ 1
☐ 2
☐ 3

TO BE IN WITH A CHANCE OF WINNING THIS FANTASTIC PRIZE, SIMPLY SEND THIS COMPLETED FORM TO:

RACHEL TUDOR, ACEVILLE PUBLICATIONS, 21 PHOENIX COURT, HAWKINS ROAD, COLCHESTER, CO2 8JY.

OR, COMPLETE IT ONLINE AT: [VEGETARIAN RECIPESMAG.COM](http://VEGETARIANRECIPESMAG.COM)



Do you food shop online?

- ☐ Yes
☐ No

Which supermarkets do you regularly shop in? (tick all that apply)

- ☐ Tesco
☐ Sainsbury's
☐ ASDA
☐ Morrisons
☐ Waitrose
☐ ALDI
☐ Lidl

What is your average weekly food shopping spend?

- ☐ £50-£100
☐ £100-£150
☐ £150-£200
☐ £200+

Which, if any, charities or organisations do you support?

Title Forname Surname

Address

Postcode

Contact number

Email

DOB

Signature

TERMS AND CONDITIONS

By completing this survey you are entering a competition. This competition is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per household. The prizes detailed in the competition cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by the Terms and Conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. **CLOSING DATE:** 30.08.2015 Winner will be notified by 20.09.2015. Winner's details will be available in writing on request from Rachel Tudor, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY. Your details will be processed by Aceville Publications Ltd (publishers of Veggie magazine) in full accordance with data protection legislation. Aceville Publications Ltd and sister companies may wish to contact you with information of other services and publications we provide which may be of interest. Please tick here if you DO NOT wish to receive such information: ☐ by post ☐ by phone ☐ by email ☐ by SMS. From time to time Aceville Publications Ltd will share details with other reputable companies who provide products and services that may be of interest to you. Please tick here if you DO NOT wish to receive such information: ☐ by post ☐ by phone ☐ by email ☐ by SMS. This prize is valid for two people over the age of 18, travel is not included. The prize is valid until 31 December 2015, subject to availability. Courses for this year are 29th September and 20th November.





Worth
£50
Each

WIN A CHEESE HAMPER

The weather this time of year can be unpredictable, but whether it is an Indian summer or an early autumn, Džiugas cheese is sure to please. Luckily enough we're giving away five presentation sets containing a selection of Džiugas cheese, a cheese board and knife. The mature but smooth taste works well on top of a salad or in a warm bake and its taste combines a rich creaminess with a distinct crystalline crunch, mixing savoury strength with fruity overtones. This legendary cheese from Lithuania is even rumoured to bring strength and joy to all who eat it, making it a generous gift or ideal treat come rain or shine! **Džiugas is a hard cheese made from cow's milk creating a product that when aged, is similar in texture to Parmigiano-Reggiano.** Visit dziugashouse.co.uk for more details about the production process and range.

WIN A GETAWAY AND DINING EXPERIENCE

The Milk House in scenic Sissinghurst, Kent, is offering one lucky winner the chance to unwind with a two-night stay for two in one of the pub's beautiful double rooms, with a delicious three-course dinner prepared with fresh seasonal produce from the local area, and a bottle of Prosecco.

The award-winning pub prides itself on its varied menus, including an extensive vegetarian offer, as well as a bar offering cask ales from Kentish breweries and a wide selection of wines from the area's renowned vineyards. For those who want to spend more time in Sissinghurst, The Milk House also has four beautifully-appointed rooms. Large and light, the rooms have been styled to feel relaxing and 'home-from-home', with comfortable beds, luxurious en-suite bathrooms and scenic views of the village and surrounding orchards. An overnight stay is completed with a hearty breakfast in the morning. Visit themilkhouse.co.uk for more details and follow them on Twitter @TMH_TN17.



Worth
£250



Feeling Lucky?

This month we're giving away £1,040 worth of hampers filled with luxurious and delicious prizes and a rural retreat!

TEFAL BUMPER GIVEAWAY

To celebrate the launch of Tefal's new stainless steel cookware, the non-stick specialist are offering three lucky readers the chance to win the Tefal Comfort Max five piece set. Each item in Tefal's new Stainless Steel Comfort Max range has been ergonomically designed for maximum cooking comfort. The handles are not only soft to touch but also stay remarkably cool, meaning there is less chance burning your hands while cooking! All of the products are dishwasher and oven safe and compatible with all heat sources. The frying pans in the range feature Tefal's iconic Thermo-Spot technology and non-stick coating, for swifter cooking. This five-piece set includes a milk pan, two saucepans with lids, and two frying pans.

For more information visit tefal.co.uk and visit our website to enter.



Worth
£80
Each

WIN A PAMPER PACKAGE WITH YUSHOI SNAPEA RICE STICKS

Yushoi Snapea rice sticks, the new baked snacks that are made using healthy green peas, have joined forces with us to offer you a chance to win a pamper package packed with Bodhi and Birch spa products.

Included is a selection of deliciously scented creams, balms and lotions, along with a selection of great tasting baked snacks, which boast less than 99 calories per pack, are high in fibre and a source of protein, plus they are nut and dairy free, suitable for vegetarians and vegans and have no artificial colours or flavours. This perfect package is ideal for a night in alone or a fun-filled evening with friends! Subtly seasoned in a range of mouth-watering flavours include Lightly Salted, Soy & Balsamic Vinegar, Smoked Salt & Szechuan Pepper and Sweet Chilli & Lemon. Yushoi Snapea rice sticks are available from yushoi.co.uk with prices starting from just 50p.



Worth
£150
Each

TO ENTER, VISIT VEGETARIANRECIPESMAG.COM/GIVEAWAYS

TERMS AND CONDITIONS

These prize draws are open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 27th August 2015. Winners will be notified by 10th of September, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

CHEEZLY, BACON STYLE
AND CRANBERRY
PINMILLSGAMMON STYLE
GOUJONS

COMING SOON!

If you love quality and flavoursome meat replacements, VBites has some very exciting products launching in September...

Meat and dairy alternatives can be really handy. Whether you miss the recipes you used to enjoy before you became a vegetarian or vegan, live with meat eaters (and don't want to make two separate dinners each night) or simply require a little protein boost to your diet, these replacement foods can really fill that gap.

That's why we love VBites foods. Sure, there are plenty of these products on the market, but only VBites offers meat, dairy and fish alternatives in the form of vegan and vegetarian friendly wholesome foods.

Just look at its accreditations. Members of the British Retail Consortium, VBites has had a lot its products Kosher and Halal approved, proving that VBites makes its foods to the strictest standards, avoiding any cross-contamination. And, VBites are natural, plant-based and free from nasties like GMOs, hydrogenated oils or fats and artificial colours, while also suitable for people who follow a lactose casein or cholesterol free diet.

With its VegiDeli, Cheatin', Cheezly, Frozen and Making Waves ranges, it's clear VBites is a company that's excited by what it makes and continues to push the envelope for veggies everywhere every single year.

So, what are you waiting for? Pick up a pack of these foods today in independent shops and selected Holland & Barrett shops or online at VBitesFoods.com and reignite your passion for food, from the most passionate veggie producers on the market!

VEGGIE'S TOP 5 NEW VBITES PRODUCTS

1 Cream Cheezly Bacon Style & Apricot This faux cheese makes the perfect addition to a cheeseboard, and it's delicious over pasta.

2 Gammon Style Goujons These delicious goujons are the perfect accompaniment to your main meal, or an exciting extra to your next barbecue (especially when served with a selection of dips!).

3 Cheezly & Pickle Sausage Style Rolls Finding good picnic or packed lunch food for vegans can be tricky, which is why we always keep a supply of these sausage style rolls in the freezer. Amazing served cold, but even better straight from the oven...

4 Turkey Style, Leek, Bacon Style and Cheezly Potato Skins These indulgent potato skins make a fantastic lunch, or with a simple leafy salad, make a brilliant starter when entertaining friends.

5 Cheezly, Bacon Style and Cranberry Pinmills A new addition to the VBites range, these scrumptious little bites are just the ticket for parties or buffets.

YOU CAN SIGN UP TO RECEIVE FURTHER INFORMATION EITHER ON VBITES' FACEBOOK OR TWITTER PAGE WHERE YOU CAN FIND ALL OF ITS LATEST RECIPES, NEWS ON ITS CHESTER AND BRIGHTON CAFES OR JUST KEEP IN TOUCH.

FREE for you online this month

Don't forget, there are plenty more great veggie recipes, tips and features on our website from your favourite meat-free magazine!

WIN GREAT PRIZES

This month, we're offering some amazing prizes for you to get your hands on, including an overnight stay at a delicious dining experience, a beauty bundle and much, much more! To be up in with a chance of winning, visit vegetarianrecipesmag.com/giveaways



STAY SOCIAL

Keep up to date with all of the vegetarian news and the latest recipe inspiration by following twitter.com/veggiemagazine, facebook.com/veggiemagazine and pinterest.co.uk/veggiemagazine

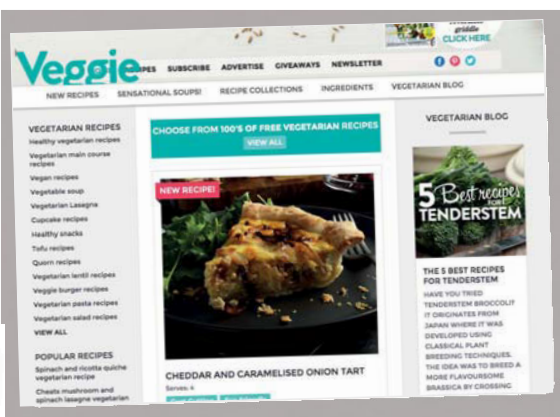
DISCOVER SOME HANDY TIPS

Get more from your foods and learn how to make the most of your aubergines by visiting vegetarianrecipesmag.com/blog



KEEP HYDRATED

September can still be a scorcher, so make sure you treat yourself to some awe-inspiring aperitifs! Work your way through our extensive collection of recipes at vegetarianrecipesmag.com/collections/vegetarian-drinks-recipes



1000+ VEGGIE RECIPES

Log on to vegetarianrecipesmag.com to discover a huge array of flavoursome vegetarian recipes for cooking amateurs and culinary experts alike!

If you only eat one thing this month...

OUR FAVOURITE RECIPE FOR THIS MONTH IS A RICH, LOW-CARB DELICIOUS COURGETTI, WHICH IS SO GOOD, YOU'LL FORGET ALL ABOUT PASTA!

Courgetti in a rich tomato sauce

E F V F T GF

SERVES 4

READY IN 40 MINS

1 small red onion, quartered
a sprig of rosemary, leaves picked
2 garlic cloves, chopped
olive oil, for cooking and drizzling
200g cherry tomatoes, chopped
salt and freshly ground black pepper
a large pinch of chilli flakes
a pinch of unrefined sugar or a tiny bit of honey if you prefer

4 baby courgettes, quartered
2 fairly large courgettes, spiralised
a handful of small basil leaves
grated vegetarian Parmesan-style cheese

1 Fry the onion, rosemary and garlic in a little olive oil until softened and the onion is starting to brown.

2 Remove the onion and set aside. Add the tomatoes, season well and sprinkle with chilli flakes. Taste, and add the sugar or honey as desired. Stir, cover and leave to simmer for about 20 minutes. The tomatoes

should be broken down and the sauce thickened.

3 Heat some olive oil in a sauté pan and fry the baby courgettes on each side until golden. Remove from the pan and set aside. Add the spiralised courgette and sauté for about a minute.

4 Toss through the tomato sauce, add the onion and baby courgettes, taste and adjust the seasoning and sprinkle with basil leaves and grated Parmesan-style cheese. Finish with a drizzle of good olive oil.

Per serving: 200 cals, 16.1g fat

Ring the changes with veggie pesto sauce



Beauty Boost

No make-up bag is complete without these must-haves



**NAILBERRY
CRUISE EDIT,
£14.50 EACH,
NAILBERRY.CO.UK**



*Best for
silky soft
locks*

**MOISTURE BOOST
SHAMPOO, £6.95,
ORGANICSURGE.COM**



**MIRACLECLEANSER, £34,
AURELIASKINCARE.COM**

**NEEM, £12 FOR
FOUR BARS,
ONEVILLAGE.COM**



*soothes and
protects*



**GLOW AFTER
DARK FACE OIL, £48,
KISSTHEMOON.COM**

**LAID BARE EYE PALETTE,
£19.99, LILYLOLO.CO.UK**



**NATURALLY FRESH
CRYSTAL DEODORANT, £8,
BEYONDORGANICSKINCARE.COM**



**BEE GOOD FACIAL
EXFOLIATOR, £10.50,
BEEGOOD.CO.UK**



**SATIN PERFECTION
BB CREAM, £28,
RENSKINCARE.COM**

*editor's
pick -
we love!*



**MARINE SERUM, £45,
VEGANBEAUTYSKINCARE.CO.UK**

**ORIGINAL SOURCE
VANILLA & SWEET
ALMOND OIL BODY
BUTTER, £5.99, BOOTS**



**AROMAWORKS BODY
FINISH CREAM, £39,
AROMA-WORKS.COM**



COASTAL[®]

rugged mature cheddar

Coastal is a unique tasting cheddar from Ford Farm.
It has been aged for up to 15 months to give it a
deliciously sweet, distinctive flavour. The naturally formed
calcium crystals found in the cheese are a sign of age and
show that it has reached its optimum maturity.

COASTAL[®]
rugged mature cheddar

For more information: telephone: 01308 482580
www.fordfarm.com

SUBSCRIBE TODAY!

TRIAL OFFER



If you love meat-free food and recipes, if you're interested in kitchen gardening and the best travel destinations, and if you adore cruelty-free fashion and beauty, Veggie is the magazine for you. With top columnists and in-depth celebrity interviews, Veggie is the title to inspire the way you live. Why not take advantage of our introductory offer today and discover the magazine made by Veggies, for Veggies?

2 EASY WAYS TO SUBSCRIBE...

vegetarianrecipesmag.com/subscribe

Tel: 01795 414906 QUOTE: VEG0915A

* TERMS AND CONDITIONS APPLY

Lines are open Monday-Friday 8am-8pm, Saturday 9am-1pm



SUMA ORGANIC BALSAMIC VINEGAR

This oak-aged vinegar is at least five years old and uses three different grape varieties, all grown on the Lorenzi family farm in the Modenese hills of Italy. **£4.99, Independent Shops**



KALLØ BELGIAN MILK CHOCOLATE CORN CAKES

These light bites can easily be transformed into an indulgent pud by adding some whipped cream, a handful of juicy raspberries and a drizzle of honey.

£1.59, ASDA



GROOVY FOOD AGAVE NECTAR

With Amber & Mild and Rich & Dark options available, there are so many different uses for these delicious alternatives to sugar **£2.50, Tesco**

THE TOP-UP SHOP

Live up your store cupboards with these meat-free marvels!



MR ORGANIC BASIL PESTO

This delicious sauce is ideal for mixing in with pasta or some courgetti – but for something a bit different dollop onto oven-roasted garlic and chilli aubergines. **£2.99, Ocado**



ODYSEA OKRA IN TOMATO SAUCE

An exemplary version of the classic Greek appetiser, the velvety smooth okra in a rich tomato sauce is brought to life with a dash of extra virgin olive oil and herbs. **£3.50, odysea.com**

PANA CHOCOLATE COCONUT & GOJI

With 50 percent raw cacao powder and numerous ingredients, this bar has multiple exciting textures, plenty of antioxidants and tastes fabulous! **£3.20, Whole Foods Market**



CUCKOO APRICOT & MADAGASCAN VANILLA BIRCHER MUESLI

Inspired by the century-old Swiss recipe for Bircher muesli and inspired with the wholesome Alpine lifestyle, this delicious treat combines tradition with pioneering flavour combinations and textures. **£1.99, Waitrose**

ADEGA DE PONTE DE LIMA

This citrusy veggie wine from Portugal is just the ticket for serving alongside crisp green salads, pastas or even dessert, making it the perfect summer tipple. **£7.99, winerack.co.uk**



Veggie

* RECOMMENDS *

Here you'll find an exciting selection of the best veggie food, appliances and places to visit this month



TUCK IN!

River Green Cafe is nestled in the lovely village of Trowse, just 20 minutes walk from Norwich city centre, and combines jovial service with a lively atmosphere. During the daytime, River Green is a relaxed cafe serving food, while on Sundays and evenings it offers a fine dining menu, developed by award-winning veggie chef, Jan Wise.

Visit rivergreencafe.co.uk for details.

What's on

VIVA!'s Incredible Vegan Roadshow, Portsmouth 5 September 2015

Pay this show a visit and you'll be able to experience a whole range of vegan foods, receive one-to-one nutritional advice, grab some free recipes, sit in on cookery demos and informative talks and browse lots of vegan goodies. There's also a section to find out how to be more active in your life – if you're seeking some inspiration! Visit viva.org.uk to learn more.

VegFestUK London 11-12 October 2015

One of the biggest and most popular events in a veggie's calendar hits the Olympia in London this October. With comedy shows, live music, film screenings, over 200 stalls and plenty of free samples available, this is set to be another vegan and vegetarian utopia! Buy one get one free tickets available until 10 September from vegfest.co.uk

Colchester Vegan Fair 1 August 2015

Taking place at The Waiting Room, Colchester, this year's Vegan Fair hosts an array of great stalls, as well as a mini vegan beer fest! The bar will be exclusively serving a selection of vegan beverages, including wines, beers, ciders and soft drinks. Colchester is just 50 minutes from London Liverpool Street by train, and home to Colchester Castle. Go to facebook.com/colchesterveganfair to find out more.



RETRO STYLING

With its curved cabinet and choice of colours The Husky Retro is an attractive statement piece that will suit any kitchen style. The A+ energy rating ensures it's efficient to run and features tempered glass shelves, spacious door storage, and a hanging wine rack, ensuring you've always got perfectly chilled wine on hand!

Priced at £475, the Husky Retro is available from husky-retail.com

GOOD FOR YOU

Good4U products aim to encourage us all to introduce simple and highly nutritious foods, such as sprouted seeds, super seed snacks and roasted seeds into our diet to promote healthier living. Good4U is a brand with a heart that understands that 'your health is your true wealth'.

Available in Tesco and Sainsbury's for £1.25. Visit good4u.co.uk for more details.



OIL CHANGE

A great alternative to olive oil with half the saturated fat, why not try Just Cold Pressed Rapeseed Oil for all your cooking and baking? Not chemically extracted at any stage and additive-free, it's suitable for vegetarians and vegans and is gluten-free. Available in a 1 litre tin with built in pourer, it's certainly a must have for every kitchen.

Get it for £8 from Amazon.

VEGETARIAN 'FISH' AND CHIPS

E F V F T G F

SERVES 4

READY IN 2 HRS 30 MINS

* 320g firm tofu * 4 sheets nori * 150g quinoa * 60g rice flour * 60g soya flour mixed with 150ml water * 1 tbsp fresh parsley, chopped * salt

FOR THE TARTARE SAUCE:

* 100ml soya milk * 1 tsp mustard * juice of half a lemon * 75ml sunflower oil * 75ml olive oil * 1 tbsp each of parsley, tarragon, chives and capers * salt

FOR THE WEDGES:

* 400g sweet potatoes * 1 tbsp rapeseed oil

FOR THE TOMATO KETCHUP:

* 1 small red onion, finely diced * 1 tbsp olive oil or sunflower oil * 1 garlic clove * 1 tbsp tomato purée * 1 small tin chopped tomatoes * 1 tsp sugar * 1 tsp balsamic vinegar

1 Start by rinsing and covering the quinoa with two cups of water and cook over a low heat until the grain is soft and all the water has been absorbed. To make the quinoa crumb, spread the quinoa onto a baking sheet and dry out in a hot oven, turning regularly with a spatula. Cool and season with salt and finely chopped parsley.
2 Slice the tofu into eight rectangles. Cut the nori sheets in half and, with the shiny side down, place one side of tofu on the centre of each. Wrap each piece of tofu in the seaweed.
3 Mix the soya flour in a bowl with 150-200ml water to form a smooth batter. Put the rice flour in a second bowl and the quinoa crumb in a third. Take one piece of tofu and dip into the soya flour batter. Then coat the whole piece in the rice flour. Transfer back into the batter and finally into the crumb mixture so that the tofu is evenly coated. Repeat with



the rest of the nori wrapped tofu.

4 Shallow-fry each piece in oil until golden and finish off in the oven for about 10 minutes to heat through.

5 To make the chips, cut the sweet potato into wedges and brush with oil. Season with salt and pepper and roast in the oven for about 45-50 minutes.

6 For the tartare sauce, put the soya milk, mustard and lemon juice in a liquidiser and blend. Slowly drizzle in the oils to make an emulsion. Add the chopped capers, herbs and season to taste.

7 To make the tomato sauce, fry the onion until soft. Add the garlic and fry for a couple of minutes. Add the sugar, balsamic and puree and cook for a few minutes, before adding the chopped tomatoes. Simmer for 20-30 minutes, blend and season.

8 Serve everything with peas, a fresh mint salad and lemon wedges to garnish.

Recipe by Lancrigg Vegetarian Hotel.
Visit lancrigg.co.uk for more.

GUESTHOUSE OF THE MONTH



If you're after a slice of quintessential English countryside, look no further than Yewfield. It sits within 80 acres of private grounds looking out over the Vale of Esthwaite. Although very centrally located it's an oasis of peace, nestled in the heart of the Lake District. It's a stone's throw from the former homes of

Beatrix Potter, Wordsworth and Ruskin

and there are a range of walks, from the easy ramble to more demanding hikes right from the door. Yewfield offers a delicious veggie breakfast, and for dinner there are two vegetarian restaurants in nearby Ambleside, just four miles away. Go to yewfield.co.uk for more information.



WEB DIRECTORY

creamsupplies.co.uk

Your one stop shop for all your kitchen essentials.

frysvegetarian.co.uk

From small innovative beginnings in the Fry Family's kitchen, Fry's has become an international success.

gandgvitamins.com

G&G Vitamins and Minerals, high-quality health supplements since 1965.

groovyfood.co.uk

What's groovy about the food? It's downright scrumptious, and carefully sourced to get the best natural ingredients

hodmedods.co.uk

Hodmedod sources produce from British farms to supply the best ingredients and delicious foods, like the fava bean.

pureh2o.co.uk

The Pure H2O Company supply, install and maintain a wide range of water purification and filter systems to suit every budget.

scarthinbooks.com

Online one-stop bookshop.

shepherdspurse.co.uk

Shepherds Purse produce a range of traditional handmade Yorkshire cheeses from their farm using local ingredients.

suma.coop

Suma Wholefoods is the UK's largest workers' cooperative and wholesalers of organic, vegan, vegetarian and specialist foods.

uncleroys.co.uk

Uncle Roy makes products that are different, sound exciting and taste good!

vbitesfoods.com

Vbites Foods (formerly known as The Redwood Wholefood Company) is the leading supplier of vegan foods to the health trade and is 100 percent British.

vegetarian-shoes.co.uk

Leather-free shoes and boots: smart, casual and hiking. Euro-made with breathable, durable, micro-fibre fabrics.

vegfamcharity.org.uk

VEGFAM helps people overseas by providing funds for self-supporting, sustainable food projects and the provision of safe drinking water.


JOIN THE VEGGIE COMMUNITY

WE WOULD LOVE TO HEAR FROM YOU – GET IN TOUCH AND WIN A PRIZE!


✉ james.fell@aceville.co.uk  facebook.com/veggiemagazine  @veggiemagazine  pinterest.com/veggiemagazine
 Veggie, Aceville Publications, 25 Phoenix Court, Colchester, CO2 8JY  vegetarianrecipesmag.co.uk




ONLINE IDEAS

 I thought I'd share my Broccoli and Chickpea Burgers recipe: theveganhousehold.com/mains/roasted-broccoli-and-chickpea-burgers
@RachelBroon


AND GO!

 I just wanted to share my tip for cutting an avocado into chunks. Slice in half, remove the stone, then score a cross in the flesh down to the skin, before turning inside out. It should look like an avocado hedgehog, and you can just knock the pieces off into a bowl. Simple!
Tanya Michelle Curtis

OUR MISTAKE!

 We'd like to apologise for not including the details of a photographer in our July issue. The feature in question was our Live Like a Local page, which that month, was on the wonderful town of Totnes. Gillian Modrate of Vu Online Photography kindly let us use her stunning photos of the town and we left off her credit. Visit vuonline.co.uk to find out more about the company.

VEGGIE LITE

 I have been a subscriber for some time and think it would be great if you could have regular recipes for different weight loss diets, such as 5:2, alkaline, low carb, low GI etc. As a vegetarian I continually struggle to find normal recipes that are really are good for a diet and utilise Quorn, for example, that the whole family would like.
Anna Dowsing, via email

WIN!

Next month's top letter, email, tweet or Facebook post will win this super Healthy Curve Grill from Judge worth £66! With a ready-to-cook light, an easy to clean grill and a slimline design, it's the ultimate aide to cooking healthy dinners at home. It also has a floating hinge meaning you can cook delicious foods like chargrilled veggies or cheesy paninis without squishing them. To buy your own, visit judgecookware.co.uk



GET IN TOUCH WITH US TO BE IN WITH A CHANCE OF WINNING THIS FAB PRIZE!

WHAT'S TRENDING ON VEGGIE

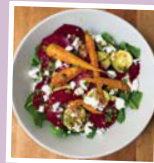
We thought your #veggilunch ideas were so fab, we made a few ourselves...

-  @ewoodpugz #lunch: @vegusto_uk cheese + @marmite toastie, @Alpro_UK Choc almond milk + a treat from my @thevegankind box
-  @bagelfilling Keeping my #veggilunch simple with sourdough, hummus, avocado, roasted cherry tomatoes and basil oil
-  @jurassiccottage I love my roasted carrot, courgette, beetroot and goats cheese salad bowl hermionespanry.com

THE BIG QUESTION

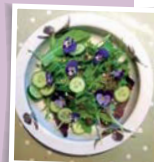
This month, we asked you for pics of your favourite dinner. You didn't disappoint...

@HermioneWood
Homemade vegan and gluten-free granola for the weekend



@unabdd Young cabbage, potatoes and chickpeas with pepper in tomatoes, delicious!

@hollynew89 Not the whole dinner, but my mum's hummingbird bowl w/violas from the garden makes a gorgeous accompaniment



The Sound of Silence!



"Don't know how it works but it does, it's amazing"
Simon B



Available at Boots, your local pharmacy
or www.goodnightsnoring.co.uk
This just might be what you are looking for!



"Removes grease, grime and limescale"

"Removes soap scum, limescale and watermarks"

"Removes tea, coffee, red wine, and even pet stains"

The best cleaners you have ever tried, or your money back!

Put them to the test
See website for details



www.ozkleen.co.uk

Australia's number one cleaners

Available at:

Sainsbury's

Robert Dyas

The co-operative

wilkinson

Waitrose

amazon.co.uk

Like us but can't find us? Demand your retailer stock OzKleen products!



Like us on:



Recipe Index

Your guide to every recipe this month. What will you cook?



STARTERS & LIGHT BITES

Beet Hummus with Crudités **8**
Beetroot Falafel **28**

MAIN COURSES

Artichoke Crostini with Roast Garlic and Lemon Aioli **20**
Baked Aubergine with Pomegranate **26**
Bulgur Wheat Pilaf with Kale and Roast Figs **54**
Butternut Squash and Saged Risotto **29**
Feta, Chilli and Mint-filled Aubergine Escalope **21**
Portabello Mushrooms with Pomegranate Couscous **54**
Ratatouille Baked Eggs **12**
Roasted Red Pepper Gazpacho **8**
Tagliatelle with Girolles Mushrooms **11**
Tofu Noodle Salad **15**

SIDES

Chargrilled Asparagus and Pepper Salad **15**
Feta, Pea and Mint Quinoa Salad **53**
Halloumi and Pesto Peppers **12**
Rose's Summer Salad **98**

SWEETS & DESSERTS

Mint Chip Ice Cream Sandwiches **35**
Pina Colada Passion Fruit Popsicles **37**
Raspberry Macademia Thumbprint Cookies **36**
Raw Chocolate Cookies **35**
White Chocolate and Raspberry Ripple Cheesecake **22**

OTHER

Chilli Ketchup **43**
Curry Ketchup **43**
Green Goodness Juice **9**
'No Coffee' Coffee Smoothie **51**
Roast Garlic & Lemon Aioli **20**
Tomato Ketchup **43**



In next issue's
Veggie



YOTAM
OTTOLENGHI'S
KITCHEN RULES



COOKING TIPS
FROM GIZZI
ERSKINE



LORNA JANE
CLARKSON'S
HEALTHY IDEAS



RECIPE SYMBOL GUIDE

- E** Eco friendly
- EF** Egg-free
- V** Vegan
- F** Freezes well
- T** Time saving
- GF** Gluten-free

EDITOR
Fae Gilfillan fae@aceville.co.uk

DEPUTY EDITOR
Holly Treacy holly.treacy@aceville.co.uk

EDITORIAL ASSISTANT
James Fell james.fell@aceville.co.uk

PUBLISHING DIRECTOR
Helen Tudor

GROUP ADVERTISING MANAGER
Daniel Lodge
01206 505951 daniel@aceville.co.uk

ADVERTISING MANAGER
Lee Forster
01206 505928 lee.forster@aceville.co.uk

GROUP EDITOR
Charlotte Smith

ART EDITOR
Matt Sumner

DESIGNERS Connie Ngai,
Fiona Palmer, Louise Abbott

AD PRODUCTION
Angela Scrivener

LICENSING & CONTENT SYNDICATION
David Coe 01206 505948

ACCOUNTS
Joy Loveday 01206 505914

SUBSCRIPTIONS/BACK ISSUES
Tel: 0844 856 0648 Overseas: +44 (0) 1795 414906
Email: cookvegetarian@servicehelpline.co.uk


PUBLISHER
Matthew Tudor

Published by: Aceville Publications Ltd, 25 Phoenix Court, Hawkins Road, Colchester, CO2 8JY Tel: 01206 505900

Best of Real Vegetarian Food

SUMMERSAULT

01788 543223
27 High St, Rugby
www.summersault.ltd.uk



Scarthin Bookshop Cafe
Vegetarian & Vegan,
GF Available - Cosy Tables
& Secret Garden
Open 9.30am - 5.15pm Mon-Sat.
Sun 10 - 5.15pm
Scarthin Promenade, Cromford, nr. Matlock,
Derbyshire DE4 3QF 01629 823272
www.scarthinbooks.com

TO ADVERTISE
HERE

PLEASE
CALL

LEE:
01206
505928

The

Veggie MARKET

Make your brand stand out from the crowd.
To advertise in the Veggie Market, please contact us on :
☎ 01206 505928 📧 vegetarianrecipesmag.com
✉ lee.forster@aceville.co.uk



CERIDWEN

Varied comfy accommodation on Carmarthenshire organic farm with strong eco ethics. Vegetarian Society approved. Regular events & courses held onsite. Function/workshop space in Old Dairy. Wedding Licence. Family & Pet friendly.

01559 370517 info@ceridwencentre.co.uk www.ceridwencentre.co.uk

Adopt a goat and save a life

For 25 years we have been taking into care goats that have been neglected abused and abandoned, providing a loving home for the rest of their days

Buttercups
Sanctuary for Goats

Visit our website at www.buttercups.org.uk

Boughton Monchelsea, Maidstone, Kent, ME17 4JU Tel: 01622 746410

Registered Charity Number 1099627

onevillage.com



What's in a bar of soap?

Most soap is made from cheap fats (most often animal fat), that are heavily scented with chemical fragrances.

Ours is not at all like that. The substance of our soap is expensive active vegetable oils – such as neem oil from the neem tree, known for centuries for its amazing healing properties for skin and wellbeing.

No sodium lauryl sulfate, and no artificial scents. The sandalwood in our sandalwood soap is authentic powder and oil from the tree – a natural energizer and effective antiseptic.

Neem or sandalwood soap. Straightaway, when you use our soap, you will know from the feel and texture this is true wholesome soap like no other.

Each bar of soap weighs 125gr.

Here's your opportunity to try it. For only £12 you can order 4 generous bars, including free postage in UK. Choose any combination – 4 the same or your assortment of both soaps.

For speedy service, order at Onevillage.com – where other ideas also await you!

One Village Soap.
Charlbury, OX7 3SQ
☎ 01608 811811

onevillage.com

Vegfam

"Feeds the Hungry Without Exploiting Animals"

Vegfam projects alleviate hunger, thirst, malnutrition and starvation.

Projects: vegetable growing, fruit & nut tree planting, emergency relief, irrigation and safe water supplies.

For every General Donation of £1 received, 90p is spent on projects. It can cost less than £5 to grow enough crops to feed a family in India or Africa for a whole year or to feed and educate a homeless street child. You can make a difference and save lives. Every donation counts. Please support our work.

To Donate online:

<https://charitychoice.co.uk/vegfam>

Vegfam (VL), c/o Cwm Cottage, Cwmynys, Cilcwm, Llandoverly, Carmarthenshire, SA20 0EU.

www.vegfamcharity.org.uk

RCN 232208 Established 1963

Worldwide 1.02 billion people are undernourished.



Every day 900 million people go to bed hungry.



World hunger kills 5 million children a year – 1 child every 5 seconds.



Vegfam funds projects which help thousands of people every year.

Rose Elliot's EAT NATURAL MASTERCLASS

Get more from your meals
with Rose's guide to eating
with your body in mind

Hunger. It's a funny thing, but although we sometimes eat when we're not really hungry, we quite often fail to notice when we're thirsty. But to keep our energy levels up and stay healthy, we really need to make sure we stay hydrated – after all, our body is made up of 70 percent water, and we need to maintain it.

So it comes back to being mindful of your body, checking in to see what your body needs; this may be a refreshing drink of water rather than a packet of crisps or chocolate biccie, especially in the warmer weather. It's a good idea to keep a bottle of water with you and keep sipping throughout the day.

Another way to keep our body healthily hydrated is to eat foods that have a high water content like watermelon, cucumber, tomato, celery, lettuce, peppers, strawberries and spinach: almost any fruit or vegetable, in fact, especially the ones that are in season during the summer. If we eat with the seasons, nature, in her usual clever way, tends to help us. Here is a lovely juicy salad to make keeping hydrated a pleasure...



EAT WELL, EAT CLEVER **ROSE'S Summer Salad**

THIS RECIPE IS SO PRETTY AND REFRESHING,
AND IT'S REALLY EASY TO MAKE



**SERVES 2-4
READY IN 10 MINS**

Mix together equal quantities of rocket, watermelon chunks, cherry tomatoes and strawberries, with stems removed. Add 2 tablespoons of oil, 1 tablespoon of red wine vinegar or raspberry vinegar, if you have it – it's nice because it intensifies the flavour of the salad.

Toss gently and season with salt and pepper. Add a few skinned hazelnuts and if you can find free-range quail's eggs, cook in boiling water for two minutes and place on top; or if not, dot with teaspoonfuls of vegan cream cheese.

I Met a Monk (£9.99, Watkins Publishing) is out now.

Applewood[®]
50th
BIRTHDAY



Join in the Celebrations!
50 years of Applewood[®] cheese!



Applewood[®]...perfect for baking, melting or just nibbling.

We're giving all Veggie readers
10 bonus points to get started*.
Enter VEGGIE10 when you register.

10
BONUS
POINTS

£20,000
OF EXCLUSIVE APPLEWOOD[®] CHEESE
REWARDS AVAILABLE.

TAKE A LOOK: www.applewoodrewards.co.uk

www.applewoodcheese.co.uk



/Applewoodcheese



@applewoodcheese

*T&Cs apply. See website for details. Code VEGGIE10 limited to x 1 per person. Code value is 10 points only. Closes 30.9.15.

GIVE YOUR FAMILY
100% TASTIES
WITH 0%
Nasties



AVAILABLE AT LEADING INDEPENDENT'S, HEALTH STORES AND...

HOLLAND & BARRETT



BOOTH'S
FOOD WINE AND GROCERY